



YOGA FOR POLYCYSTIC OVARIAN DISEASE

Dr. Nirmala A R., Physician (Yoga and Naturopathy JSS Ayurveda Hospital, Mysuru)

INTRODUCTION

PCOD (Polycystic Ovarian Disease), also known as PCOS (Polycystic Ovary Syndrome), is a hormonal condition that affects individuals with ovaries, typically during their reproductive years. It can lead to a variety of symptoms due to an imbalance of reproductive hormones, and it can affect the ovaries, leading to problems with the menstrual cycle, fertility, and metabolism.

Common Symptoms of PCOD/PCOS:

1. Irregular Periods: This could include missed periods, prolonged periods, or very heavy bleeding.



2. Excessive Hair Growth (Hirsutism):

More hair on the face, chest, or back due to higher levels of androgens (male hormones).

3. Acne and Oily Skin: Increased oil production and breakouts on the face and body.

4. Weight Gain: Many individuals with PCOD find it difficult to maintain or lose weight, particularly around the abdomen.

5. Thinning Hair: Hair on the scalp may become thinner or fall out.

6. Infertility: Irregular ovulation or no ovulation, which can make it more challenging to conceive.

7. Cysts on the Ovaries: Ultrasound imaging may show multiple small cysts (fluid-filled sacs) on the ovaries.

8. Fatigue and Mood Swings: The hormonal imbalance can lead to feelings of tiredness and mood disturbances.

9. Darkening of Skin: Some people experience dark patches of skin, often in areas like the neck, groin, or underarms (known as acanthosis nigricans).

ASANAS FOR PCOD

Yoga can be a helpful practice for managing PCOD (Polycystic Ovary Disease), as it can help balance hormones, reduce stress, and improve overall health. While yoga isn't a cure, it may alleviate some symptoms of PCOD, such as irregular periods, weight gain, and hormonal imbalance.

Here are some yoga poses that may help with PCOD:

1. Setu Bandhasana (Bridge Pose)

• **Benefits:** Helps to regulate the menstrual cycle, stimulates the reproductive organs, and improves circulation.

• **How to Do It:** Lie on your back with your knees bent and feet flat on the floor. Keep your feet hip-width apart and arms by your sides. Press your feet into the ground and lift your hips up towards the ceiling, keeping your thighs and inner feet parallel. Hold the position for a few breaths and then slowly lower your hips.

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2. Baddha Konasana (Bound Angle Pose)

- **Benefits:** Increases blood flow to the pelvic region, improves flexibility in the hips, and can support menstrual regularity.
- **How to Do It:** Sit with your spine straight and bring the soles of your feet together, allowing your knees to fall out to the sides. Hold your feet with your hands, and gently press your knees toward the ground. Stay in this position, breathing deeply.

3. Viparita Karani (Legs Up the Wall Pose)

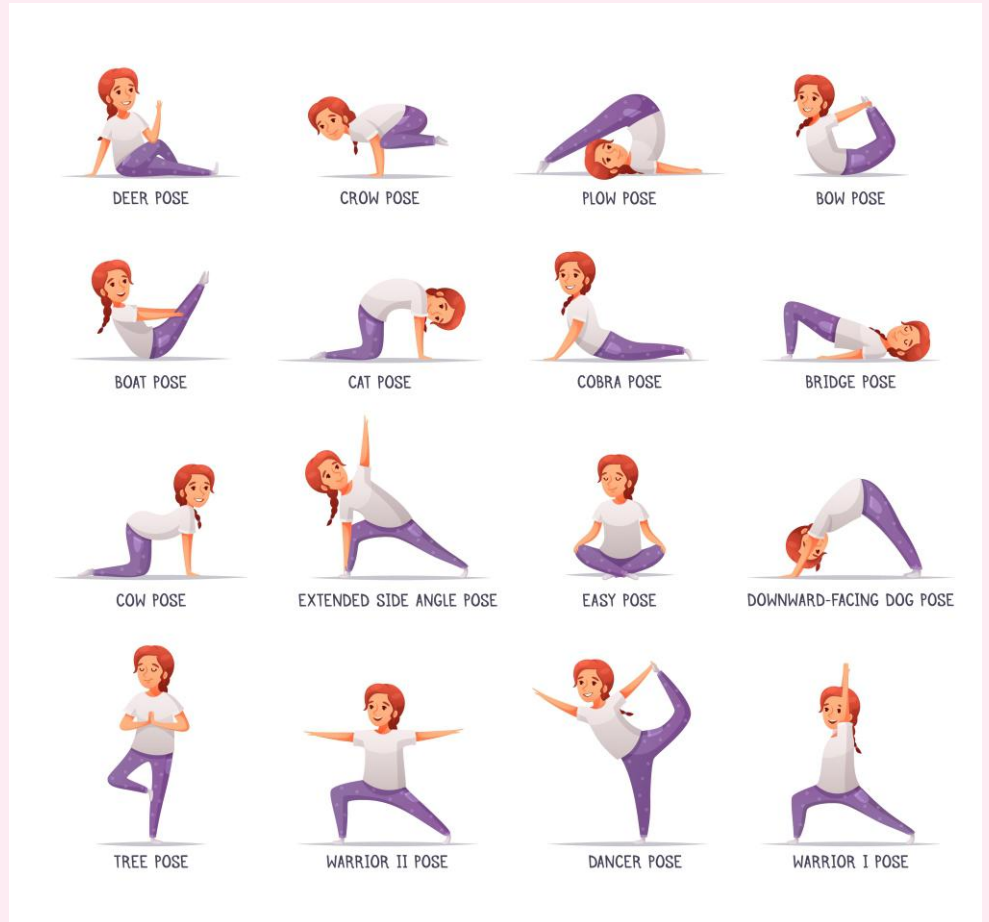
- **Benefits:** Helps reduce stress, supports hormonal balance, and promotes relaxation.
- **How to Do It:** Sit with your right hip against a wall, then lie down and extend your legs up against the wall. Your arms should be by your sides, palms facing upward. Stay in this position for 5-10 minutes, allowing your body to relax.

4. Supta Baddha Konasana (Reclining Bound Angle Pose)

- **Benefits:** Helps to calm the nervous system, reduce stress, and improve blood circulation in the pelvic area.
- **How to Do It:** Lie on your back with your knees bent and the soles of your feet together. Let your knees fall open to the sides, and place your hands on your belly or by your sides. Close your eyes and focus on your breath.

5. Adho Mukha Svanasana (Downward-Facing Dog)

- **Benefits:** This full-body stretch



helps improve blood flow to the brain and pelvis, reduces stress, and tones the abdominal area.

- **How to Do It:** Start in a tabletop position, with your hands and knees on the floor. Lift your hips toward the ceiling, forming an upside-down V-shape with your body. Keep your arms and legs straight and your heels pressing toward the floor.

6. Uttanasana (Standing Forward Bend)

- **Benefits:** Reduces stress, improves circulation, and may help with menstrual irregularities.
- **How to Do It:** Stand tall with your feet hip-width apart. Hinge at your hips and slowly lower your head

toward the floor. Let your arms hang or hold onto opposite elbows. Stay in the pose for several breaths, feeling the stretch in your hamstrings and back.

7. Bhujangasana (Cobra Pose)

- **Benefits:** Opens the chest and strengthens the lower back. It also stimulates the reproductive organs and can help balance hormones.
- **How to Do It:** Lie on your stomach with your hands placed under your shoulders and elbows close to your body. Press the tops of your feet into the floor and slowly lift your chest off the ground, extending your arms. Look forward or slightly upward, and avoid over-arching your back.

8. Nadi Shodhana (Alternate Nostril Breathing)

- **Benefits:** Helps reduce stress and anxiety, improves hormonal balance, and enhances overall well-being.
- **How to Do It:** Sit comfortably with your spine straight. Use your right thumb to close your right nostril. Inhale deeply through your left nostril, then close your left nostril with your right ring finger. Open your right nostril and exhale slowly. Inhale through the right nostril, then close the right nostril and exhale through the left. Repeat for several cycles.

9. Trikonasana (Triangle Pose)

- **Benefits:** Strengthens the entire body, helps with digestion, and can

assist in reducing belly fat.

- **How to Do It:** Stand with your feet wide apart. Extend your arms parallel to the floor and tilt your body to the right, bringing your right hand down to your shin or the floor and your left hand extended towards the ceiling. Look up at your left hand. Hold the position and then switch sides.

10. Tadasana (Mountain Pose)

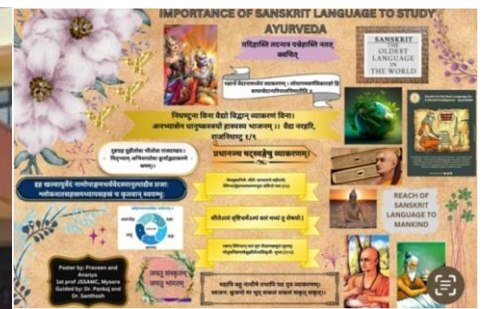
- **Benefits:** Improves posture, strengthens the core, and helps with overall body awareness.
- **How to Do It:** Stand with your feet together, arms at your sides. Lift your chest, engage your thighs, and lengthen your spine. Hold for a few breaths and feel the energy flowing through your body.

Additional Tips:

- **Consistency:** To get the full benefits, practice regularly, at least 3-4 times a week.
- **Breathing:** Always focus on deep, steady breathing during your practice to help reduce stress.
- **Diet:** Combine yoga with a balanced, healthy diet, focusing on whole foods, fruits, vegetables, and healthy fats to support your hormones.
- **Consult a Professional:** If you have PCOD or other health concerns, it's always a good idea to consult with a healthcare provider or certified yoga instructor before starting a new yoga practice.

1ST PRIZE IN POSTER PRESENTATION AT NATIONAL CONFERENCE

Praveen and Ananya, 1st-year BAMS students (juniors), won 1st prize in the Poster Presentation at the National Conference held at Yenepoya University, Mangalore.

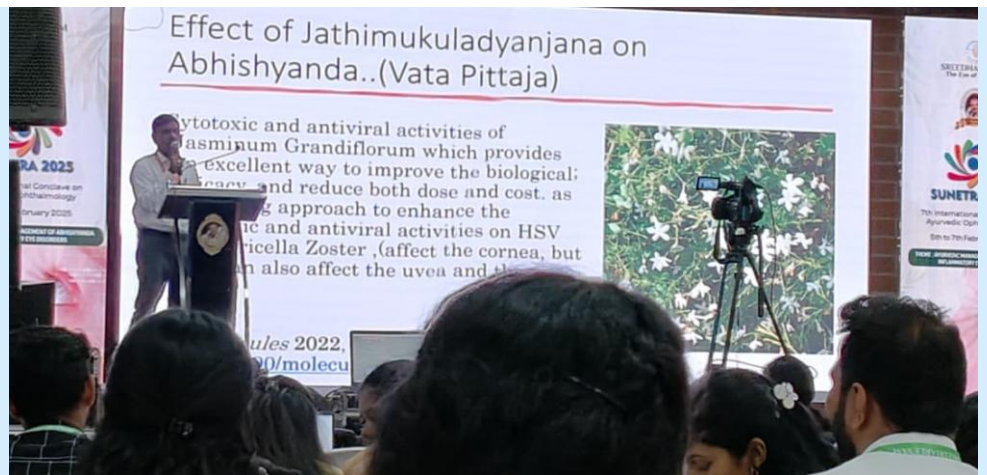


FINAL YEAR PG SCHOLARS FAREWELL ON 01-02-2025



INTERNATIONAL CONCLAVE ON ABHISHYANDA INFLAMMATORY EYE DISORDERS

Dr. Gavimath Shivanand, Professor and HOD, Dept. of PG Studies in Shalakya Tantra, was invited as a Resource Person at SUNETRA-2025, the International Conclave on Abhishyanda-Inflammatory Eye Disorders, organized by Sreedhareeyam Ayurveda Research and Development Institute, Koothattukulam, Kerala, from February 5th to 7th, 2025.



YOGA TO PROMOTE HEALTH ON 'RATHA SAPTAMI 2025'

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ರಥಸಪ್ತಮಿ - 2025
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Chief Guest
Bhashyam Swamiji (President, Yoga Narasimha Devasthana) | **Sri T. S. Shrivatsa** (MCA, Karnataka Charitable, Mysuru City)

Guests of Honour
Dr. Radhakrishna Rama Rao (Principal, Govt. Ayurveda Medical College & Hospital) | **Dr. Shashi Rekha** (Resident Medical Officer (RMO), Govt. Ayurveda Medical College & Hospital)
Dr. Mythreyi (Principal, Govt. Natural Cure & Yoga Medical College And Hospital) | **Dr. Hari Ganesh** (Resident Medical Officer (RMO), Govt. Natural Cure And Yoga Medical College And Hospital)
Sri. Lakshmi Narayana Shenoy (Associate Director, Govt. Ayurveda Research Institute, Mysuru) | **Dr. Renuka** (Resident Medical Officer (RMO), Govt. Ayurveda Medical College & Hospital)
Dr. Sudhakar Reddy (Associate Director, Govt. Ayurveda Medical College and Hospital) | **Sri. Sudesh Chand S** (Founder, Sri Sparshada Yoga Center)
Sri. Ganesh Kumar P N (Founder, Mysuru Yoga Sports Foundation and MY Yoga) | **Sri. Shashi Kumar S** (Secretary, Shreshthashram Trust (SST))
Sri. Srihari D (Founder, Sri Yoga Research Foundation)



Yoga enthusiasts from GSS Foundation, along with students and general yoga practitioners, performed 108 Surya Namaskaras to promote health for all on the occasion of 'Ratha Saptami 2025,' organized by the Global Yoga Forum. The event took place at Yoga Narasimhaswamy Devasthanam on Sunday, February 9, 2025, at 5:30 AM. Bhashyam Swamiji

Sri T.S. Shrivatsa graced the occasion as the chief guest. Participants from our college included Dr. P. Sudhakar Reddy, Professor and HOD, Dept. of Swasthavritta, along with PG Scholars Dr. Janhvi M. G., Dr. Athira P. S., Dr. Shivani Parganiha, Dr. Harshitha T. R., Dr. Surabhi S., and Dr. Surabhi S. T.

EDUCATIONAL VISIT TO AIIA, NEW DELHI



Final-year BAMS students (Batch 2020-21) visited AIIA, New Delhi, on February 19, 2025, as part of their educational visit. Dr. Puneeth and Dr. Maithri G. M. accompanied them.

COMPUTERIZED RADIOGRAPHY UNIT INAUGURATION POOJA ON 10-02-2025.



KOTTAKKAL FELICITATES JSS AYURVEDA MEDICAL COLLEGE & HOSPITAL, MYSURU PRINCIPAL



Dr. P. M. Varier, Chairman and Chief Physician of Kottakkal, honored and felicitated our respected Principal, Dr. Sarbeswar Kar, today during the inaugural program of their charity



services at the Nanjangud plant. The felicitation recognized his invaluable contributions to education and healthcare. The event also marked the launch of various charitable initiatives

aimed at serving the community, demonstrating a shared commitment to social welfare and holistic well-being.

NIYATI-2025 REPORT

The Department of PG Studies in Kayachikitsa, in association with the Medical Education Technology Cell, JSSAMC, Mysuru, hosted NIYATI-2025 to commemorate World Cancer Day with the theme "United by Unique" on February 22 and 24, 2025.

On February 22, a national-level e-poster competition attracted over 100 registrations from across the country, along with in-house participants. Ninety posters were selected for presentation. The competition was primarily conducted online, while in-house participants presented their posters offline on the college campus.

The given topics were:

- Critical analysis in the samprapti of cancer
- Clinical approach in the management of cancer through Ayurveda principles

PG scholars from the Kayachikitsa department moderated the competition in separate classrooms, with each session judged by two senior faculty members from various departments. The competition started

at 10:30 am and concluded by 1:00 pm, followed by closing remarks from the judges.

The e-posters were assessed based on the following parameters, with 10 points assigned to each category, totaling 50 points:

- Duration
- Language
- Content
- Presentation and delivery
- Poster design and clarity
- Interaction with judges
- Overall effectiveness

Two posters from each group were declared the best e-posters, and all participants received e-certificates.

On February 24, a full-day program was organized on the college premises from 11:00 am to 4:30 pm, attended by PG scholars and faculty members, including participants from Government Ayurveda Medical College, Mysuru.

The inaugural session featured the following dignitaries:

- Chief guest Dr. Shreevathsa,

professor and head, Department of PG and PhD Studies in Ayurveda Samhita and Siddhanta, Government Ayurveda Medical College, Mysuru

- Dr. P. Sudhakar Reddy, professor and head, Department of PG Studies in Swasthavritta, representing Principal Dr. Sarbeswar Kar in his absence
- Academic dean Dr. Rajesh A. Udupudi, professor and head, Department of PG Studies in Kayachikitsa
- MET Cell coordinator Dr. Madhusudhan B. G., associate professor and head, Department of PG Studies in Roganidana Evum Vikruti Vijnana
- The event began with prayers and blessings, followed by a welcome address by MET Cell coordinator Dr. Madhusudhan B. G. The dignitaries then lit the ceremonial lamp, marking the official commencement of the program.





The Department of PG Studies in Panchakarma, in collaboration with the AFI Mysore Chapter, organized a Continuing Medical Education (CME) program on Integrated Neurocare on 26th January 2025.

The program witnessed enthusiastic participation from over 35 AYUSH practitioners, who gained valuable insights into advancements in neurocare through integrative approaches. The initiative aimed to

enhance practitioners' knowledge and foster better healthcare outcomes.

The session began with a brief introduction by Dr. Beena M.D., PG Coordinator and Professor, Department of PG Studies in Kayachikitsa.

Dr. Rajesh A. Udupudi, Academic Dean and Professor and

Head of the Department of PG Studies in Kayachikitsa, addressed the audience, emphasizing the importance of holistic care in enhancing the quality of life for cancer patients.



The esteemed Chief Guest, Dr. Shreevathsa, spoke about the scope of Ayurveda in managing cancer. This was followed by the presidential address by Dr. P. Sudhakar Reddy, Professor and Head, Department of PG Studies in Swasthavrutta.



The program featured a testimonial session where four patients treated at our Cancer Clinic shared their experiences on stage, highlighting significant improvements in their quality of life. They were felicitated by the faculty. Additionally, one patient joined via video call to share their testimony.





The morning session also included a Faculty Development Program led by Dr. Shreevathsa, Professor and Head, Department of PG and PhD Studies in Ayurveda Samhita and Siddhanta,

Government Ayurveda Medical College, Mysuru. He delivered a session on 'Arbuda Avalokana,' drawing references from Ayurvedic Samhitas. The session concluded with his

felicitation.

The morning session concluded with a vote of thanks by Dr. Netra B. Hubballi, Assistant Professor, Department of PG Studies in Kayachikitsa.



Afternoon Session:

As part of the Faculty Development Program, the afternoon session began at 2:15 PM with a lecture by Dr. Kiran P. K., Assistant Professor, Department of Medical Oncology, JSS Hospital, Mysuru, on the topic "Recent Updates in the Management of Cancer." The session concluded with his felicitation.

The valedictory session commenced at 4 PM, presided over by our esteemed principal, Dr. Sarbeshwar Kar, along with Guest Speaker Dr. Kiran P. K. and Dr. P. Sudhakar Reddy. Following the invocation, Dr. Deepa C. Patil, Professor, Department of PG Studies in Kayachikitsa, presented a concise report summarizing the two-day program.



The two best e-Posters among in-house participants in the offline competition were awarded to Dr. Mahant, a final-year PG Scholar from the Department of PG Studies in Kayachikitsa, and Dr. Sannuthi Chandanasri, a second-year PG

Scholar from the Department of PG Studies in Roganidana evum Vikruti Vijnana. Both were honored with a certificate of appreciation.



Then, Principal Dr. Sarbeshwar Kar delivered the Presidential address, followed by a vote of thanks by Dr. Beena MD. The program concluded with a group photo session.



REPORT ON BMD CAMP HELD ON 20-02-2025

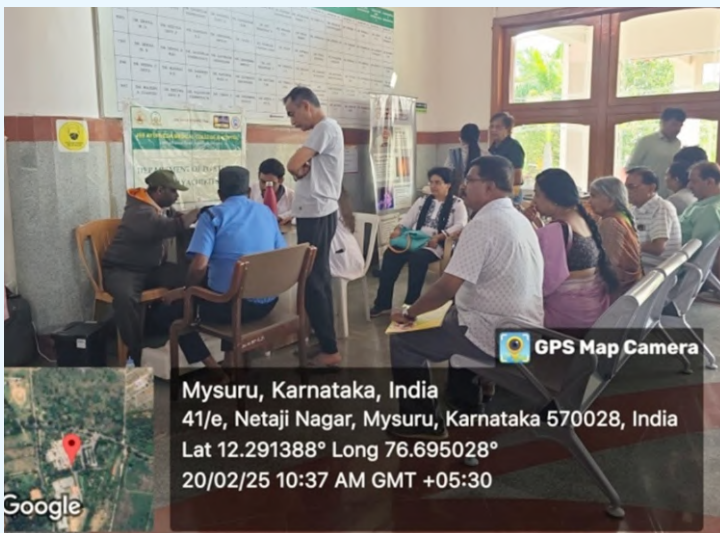
The Department of PG Studies in Kayachikitsa, in collaboration with Biotics Lab, Bengaluru, organized a Bone Mineral Density (BMD) Camp on Thursday, 20th February 2025, from 9:30 AM to 1:00 PM at JSS Ayurveda Hospital, Mysuru.

Professors Dr. Deepa C. Patil, Dr. Beena

M. D., and Assistant Professor Dr. Anukrishna P. served as the chief consultants. Over 80 patients registered and benefited from the free BMD checkup and consultation.

Representatives from Biotics Lab, Bengaluru, actively participated throughout the camp. In the absence of

Dean and HOD Dr. Rajesh A. Udupudi, Dr. Deepa C. Patil, Dr. Beena M. D., and all consultants from the Department of Kayachikitsa expressed their gratitude for the invaluable support and services provided. The consultants also educated patients on diet and lifestyle modifications to prevent osteoarthritis.



FREE MEDICAL CAMP AT VIRAKTHA MATH, SHIRAMALLI

On the eve of the inauguration of Sri Basavarajaswamy Rajadwara, a health camp was organized in collaboration with JSS Hospital and JSS Ayurveda Hospital on Friday, 7th February 2025, from 9:30 AM to 4:00 PM.

Dr. Nanda K. O., Assistant Professor,

Department of PG Studies in Prasuti Tantra and Stree Roga; Dr. Chaya C., Assistant Professor, Department of PG Studies in Shalakhyantra; and Dr. Nethra B. Hubballi, Assistant Professor, Department of PG Studies in Kayachikitsa, actively participated in the

camp. PG scholars Dr. Bhagyashree H. C. and Dr. Sai Sudha, along with interneees Dr. Yashashwini M. E., Dr. Chandana C., Dr. Banupriya, and Dr. Dhanushree, also contributed to the event.

A total of 70 beneficiaries received healthcare services during the camp.



ಕಂಠಿ ಮಲ್ಲಣ್ಣನವರ ಕಲ್ಯಾಣ ಮಂದಿರ ಇಲ್ಲ ನಡೆದ ಉಚಿತ ಆರೋಗ್ಯ ತಪಾಸಣಾ ಶಿಬಿರದ ವರದಿ

ಎನ್.ಜಿ.ಎಸ್. ಜಾಲಃಬಲ್ ಟ್ರಸ್ಟ್(ಲ.), ಮೈಸೂರು ಇವರ ವತಿಯಿಂದ ಜಿಎಸ್‌ಎಸ್ ಮಲ್ಟಿಸ್ಪೆಷಾಲಿಟಿ ಆಸ್ಪತ್ರೆ, ಜಿಎಸ್‌ಎಸ್ ಆಯುರ್ವೇದ ಆಸ್ಪತ್ರೆ, ಅನ್ನಪೂರ್ಣ ಕಣ್ಣಿನ ಆಸ್ಪತ್ರೆ, ಹಾಗೂ ಯೋಗ ಪ್ರಾಣ ವಿದ್ಯಾಕೇಂದ್ರ, ಮೈಸೂರು ಇವರ ಸಹಭಾಗಿತ್ವದೊಂದಿಗೆ ದಿನಾಂಕ: 11.02.2025ರ ಮಂಗಳವಾರದಂದು ಉಚಿತ ಆರೋಗ್ಯ ತಪಾಸಣಾ ಶಿಬಿರವನ್ನು ಹಮ್ಮಿಕೊಳ್ಳಲಾಯಿತು.

ಶಿಬಿರಕ್ಕೆ ಜಿಎಸ್‌ಎಸ್ ಆಯುರ್ವೇದ ಆಸ್ಪತ್ರೆಯಿಂದ - ಡಾ. ಸಂಜನಾ ಹಾಗೂ ಒಬ್ಬರು ಕಲಕಾ ವೈದ್ಯರನ್ನು ನಿಯೋಜಿಸಲಾಯಿತು.

ಈ ಶಿಬಿರದಲ್ಲಿ ಅವುಪಿತ್ತ, ಚರ್ಮರೋಗ, ಕೆಮ್ಮು, ಬೆನ್ನುನೋವು, ಕುತ್ತಿಗೆನೋವು, ಉಸಿರಾಟದ ತೊಂದರೆ, ಕಿಲನೋವು, ಮಂಡಿನೋವು, ಮಧುಮೇಹ ಖಾಯಿಲೆಗಳಿಗೆ ತಪಾಸಣೆ ಹಾಗೂ ಸಲಹೆಗಳನ್ನು

ನೀಡಲಾಯಿತು.

ಈ ಶಿಬಿರದಲ್ಲಿ 39 ಜನರು ಉಚಿತ ತಪಾಸಣೆಯ ಸೌಲಭ್ಯವನ್ನು ಪಡೆದರು.

ಶಿಬಿರದ ಆಯೋಜಕರು ಅತ್ಯಯವಾಲಿ ಸಹಕರಿಸಿದ್ದು ಊಟ-ತುಡಿಯ ವ್ಯವಸ್ಥೆಯನ್ನು ಮಾಡಿದ್ದರು. ಶಿಬಿರದ ಕೊನೆಯಲ್ಲಿ ಮೆಚ್ಚುಗೆಯನ್ನು ವ್ಯಕ್ತಪಡಿಸಿ ಎಲ್ಲಾ ವೈದ್ಯರನ್ನೂ ಹೃತ್ಪೂರ್ವಕವಾಗಿ ಅಭಿನಂದಿಸಿದರು.



REPORT ON HEALTH CAMP AT BILUGALI VILLAGE ON 14/02/2025

The NSS Unit of JSS Ayurveda Medical College & Hospital, Mysore, in association with JSS College of Physiotherapy, conducted an Ayurveda health check-up camp at Bilugali village, Nanjanagudu Taluk, Mysuru, on 14th February 2025.

Dr. Shashibindu, NSS Officer, along

with Dr. Vineeth C. P., Assistant Professor, Department of PG Studies in Panchakarma; Dr. Greeshma Menon, Assistant Professor, Department of PG Studies in Shalakyata Tantra; Dr. Lakshmi K. Aravadi, Assistant Professor, Department of PG Studies in PTRS; and Dr. Netra B.

Huballi, Assistant Professor, Department of PG Studies in Kayachikitsa, led the camp. PG scholars and 10 NSS volunteers also actively participated.

The camp benefited a total of 53 individuals, who received free medicines as part of the initiative.



Jodihariharpura, Karnataka, India
5rp8+8h9, Jodihariharpura, Karnataka 571129, India

Jodihariharpura, Karnataka, India
5rp8+8h9, Jodihariharpura, Karnataka 571129, India



REPORT ON HEALTH CAMP AT BIDARAHALLI VILLAGE ON 21/02/2025

The NSS Unit of JSS Ayurveda Medical College & Hospital, Mysore, in association with JSS College of Pharmacy, conducted an Ayurveda health check-up camp at Bidarahalli village, Srirangapatna Taluk, Mandya,

on 21st February 2025.

Dr. Shashibindu, NSS Officer, along with Dr. Rajendra Prasad, Professor, Department of RSBK, and Dr. Vineeth C. P., Assistant Professor, Department of PG Studies in Panchakarma, led the

camp. PG scholars and 10 NSS volunteers also actively participated.

The camp benefited a total of 54 individuals, who received free medicines as part of the initiative.



MEDICAL CAMP AT IDEAL JAWA ROTARY SCHOOL, MYSURU ON 21.02.2025

The Department of PG Studies in Kaumarabhritya and Shalakyas at JSS Ayurveda Medical College, Mysuru, conducted a health check-up camp at Ideal Jawa Rotary School, Mysuru, on 21st February 2025.

Dr. Preethi H. M. (Assistant Professor), Dr. Greeshma (Assistant Professor), Dr. Vaishnevi Kannan Velu (PG Scholar), Dr. Harsha D. S. (PG Scholar), Dr. Suma Sangolli (PG Scholar), Dr. Kushal A. S. (PG Scholar), Dr. Rachana (PG Scholar), Dr. Athira (PG Scholar), and interns actively participated in the camp.

The inauguration began at 10 AM, and students from 1st to 5th standard underwent screening. The camp benefited a total of 70 students, with common conditions such as fever, cold, cough, and underweight issues identified. Consultants prescribed necessary medications for the children in need. Observing a lack of proper nutrition, they also emphasized the importance of a balanced diet and advised students to visit the OPD at JSS Ayurveda Hospital for further management.



For overall health and development of the Child
Swarna Prashana Campaign
 ಸ್ವರ್ಣ ಪ್ರಾಶನ ಅಭಿಯಾನ
 April 6, 2025
 Sunday | 8.00 am to 5.00 pm

JSS Ayurveda Hospital
 Phone – 0821-2548231, 2548298
 www.jssamch.org

APRIL 6, 2025
SUNDAY
8.00 AM TO 5.00 PM