

Description of Additional Supplementary Files

File name- Supplementary Movie 1

File description- Time evolution of a helical vortex ring in a Bose-Einstein condensate with Kelvin wave number $n = 3$ and amplitude $A = 3$. The vortex ring at $t = 0$ is shown in green, and its subsequent dynamics are depicted in purple at time intervals of $\Delta t = 1$.