



### Activity Report

<b>INSTITUTE</b>	<b>R.N. Kapoor Memorial Ayurvedic Medical College &amp; Hospital</b>		
<b>DEPARTMENT</b>	<b>DEPARTMENT OF AYURVEDA SAMHITA SIDDHANTA</b>		
<b>ACTIVITY TYPE</b>	<b>Workshop on Yoga &amp; Meditation on 8<sup>th</sup> INTERNATIONAL YOGA DAY-2022</b>		
<b>DATE</b>	<b>21/06/2022</b>	<b>Duration</b>	<b>10:00 AM ONWARDS</b>
<b>No. of Participants</b>	<b>73</b>		
<b>FACULTY COORDINATOR</b>	<b>Dr. ANJANA PATHAK</b>		
<b>FACULTY CONTACT DETAILS</b>	<b>8319261601</b>		

#### Details about the activity:

Yoga bring peace harmony happiness and success to every soul in the world. This was a great opportunity to imbibe the value of discipline. Yoga is a mental, physical and spiritual practice that need to be carried everyday.

Department of Ayurveda Samhita Siddhanta organised workshop on 'Yoga and Meditation" on the occasion of 8th International Yoga Day 2022 at R.N. Kapoor Memorial Ayurvedic Medical College and Hospital, Seminar hall." I "block from 10 O'clock onwards on 21/06/2022, Miss Poorva and Mr. Atul co-ordinated the Yoga-session with anchoring.

This program was started with Dhanvantari Vandana, Yoga prayer, welcome of guests with flowers and bouquet. Motivational speech was given by Pro VC Dr. Rajiv Vishwakarma, Respected Registrar Dr.Rakesh Jatav sir, and Academic Dean of school of Pharmacy-Dr. Revati madam and all other respected Principals were graces the occasion.

Prize distributed for the winners of essay competition held on 17/06/2022 on topics 1. Yoga for Mental Health –Need of an hour 2. Yoga for physical Health and also the winners of drawing competition of Jal Shakti Abhiyan – Catch the rain "Under the banner of Azadi Ka Amrita Mahotsava". Has been done by honorable guests to the winners. Afterthat Two students Miss Anisha and Mr. Makarand demonstrated Yogasanas, Pranayamas and Meditation. Then Two students Mr. Makarand and Mr. Pankaj have also demonstrated the specific Asanas like Chakrasan, Mayurasan and Shirshasan. At the end of program, vote of thanks has been given by the principal Dr Manisha Dunghav.

Dr. Anjana Pathak Assistant Professor of the Dept. Ayurveda Samhita Siddhanta, had Coordinated the event successfully along with the collaboration of Dept. of Ayurveda Samhita Siddhanta.

**Feedback:** The program was appreciated by all staff and students. They have promised that they will continue Yogasanas in their daily routines.

Report by-

Principal

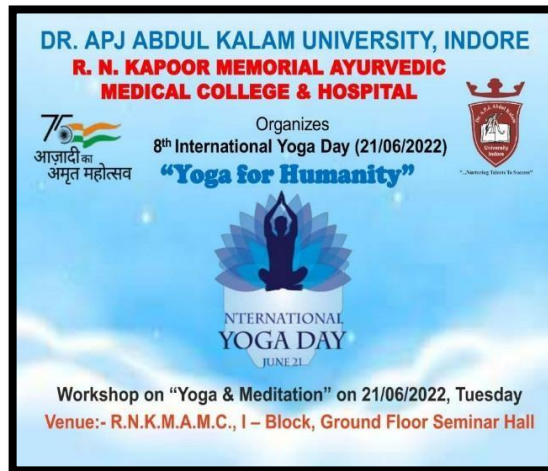
Dr.Manisha Dunghav

Dr.Anjana Pathak

Assistant Professor

Dept.of Samhita Siddhanta

Glimpses of Workshop on Yoga & Meditation on 8<sup>th</sup> INTERNATIONAL YOGA DAY-2022



Principal



Dr. Manisha Dunghav

Report by



Dr. Anjana Pathak

Assistant Professor

Dept. of Ayurved Samhita Siddhanta