



# R.N. KAPOOR MEMORIAL AYURVEDIC MEDICAL COLLEGE & HOSPITAL, INDORE

## DR. A.P.J. ABDUL KALAM UNIVERSITY, INDORE (M.P.)



### Activity Report



INSTITUTE	R.N.KAPOORMEMORIALAYURVEDICMEDICALCOLLEGE&HOSPITAL,INDORE (MP)
ACTIVITYTYPE	Celebration of 9 <sup>th</sup> International Day of Yoga
DATE	17/06/2023-21/06/2023
YEAR/CLASS	All faculties, Students, Non-teaching staff and Hospital staff
NAMEOFORGANIZATION (EXPERTS)	APJABDULKALAMUNIVERSITY&R.N.KAPOORMEMORIALAYURVEDICMEDICALCOLLEGE&HOSPITAL,INDORE (MP)
NO.OFPARTICIPANTS	160
COORDINATOR DEPARTMENT	SWASTHAVRITTA AND YOGA
FACULTYCONTACTDETAILS	swastharnk@gmail.com

International Yoga Day is observed every year on June 21 to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. Yoga is a practice, which plays an important role in relaxing the mind and body and boosting people's immune system.

Yoga for VasudhaivaKutumbakam" is the theme for this year's International Yoga Day 2023, which beautifully captures our shared aspiration for "One Earth, One Family, and One Future."

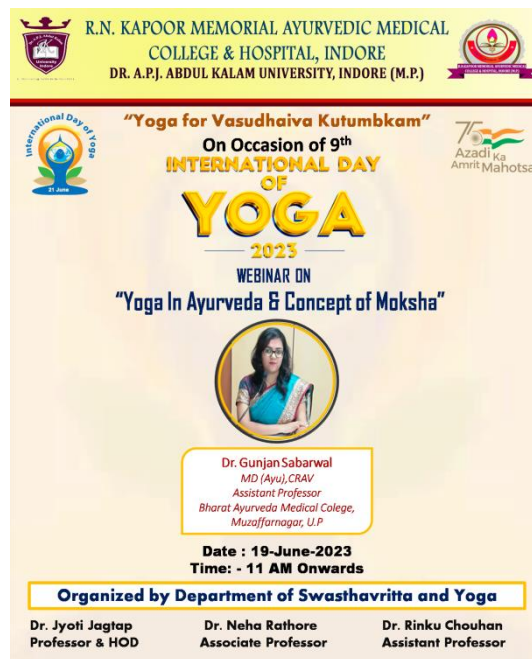
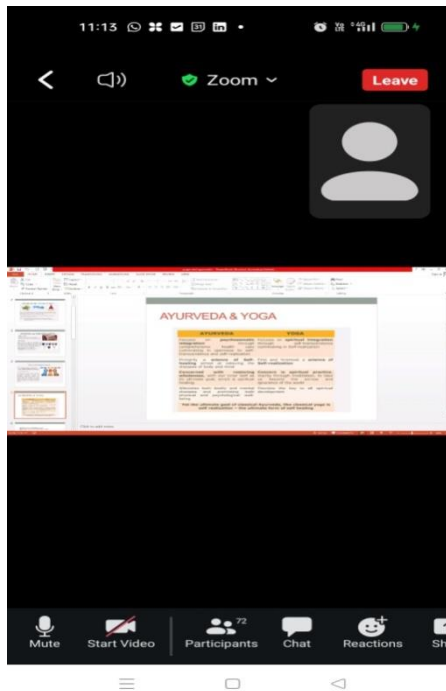
9<sup>th</sup> International Day of Yoga was celebrated under the AzadiKa Amrita Mahotsav at R.N.Kapoor Memorial Ayurvedic Medical College & Hospital, Indore (MP) between 17/06/2023 to 21/06/2023.

**17/06/2023-** "YOGA PRACTICE FOR HEALTH" Some yoga practices, which are useful for daily practices, are taught. Students were encouraged to incorporate this in daily life. Around 90 students participated. Dr. RinkuChouhan and Ms. AshwiniMalviya conducted session.

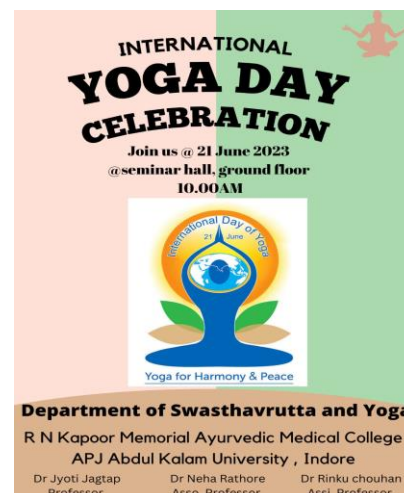


**19/06/2023**—Dr. GunjanSabarwal, who is an Ayurvedacharya and Guest Faculty of Bharat Ayurveda Medical

College, Muzaffarnagar, U.P. delivered an online lecture with the Theme “Yoga for VasudhaivaKutumbkam”. Dr. RinkuChouhan did Guest introduction. Dr. Gunjan discussed “Yoga in Ayurveda and Concept of Moksha”. Dr. JyotiJagtap summarized the session. Dr. NehaRathore did vote of thanks. 151 participants were benefitted by this webinar.



20/06/2023- Slogan and Poster competition were organized for all students in University. Prof. Dr. JyotiJagtap, Dr. NehaRathore and Dr. RinkuChouhan conducted this competition. Theme for competition was ‘Yoga and Health’. Students participated enthusiastically. Three winners for each competition were awarded on the international yoga Day. The judges for Poster and Slogan Making Competition were Prof. Dr. Ganesh Mate and Dr. Aniruddha Pathak.



21/06/2023- 9th International Day of yoga was arranged in Seminar Hall. Ms. AshwiniMalviya demonstrated yoga Protocol practices. Prof. Dr. JyotiJagtap, Dr. NehaRathore and Dr. RinkuChouhan organized the event. It was under supervision of Dr. Deepika Pathak Madam (Vice chancellor), Dr. Rajeev Vishwakarma Sir (Pro VC), Dr. RakeshJatav Sir (Registrar), Dr. Revathi A. Gupta Madam (Dean of Academics), Dr. Karunakar



Shukla (Chairman of IIC), Dr. Rakesh Patel Sir, Dr. Jai Balwanshi Sir, Dr. PrashantShrivastava and Dr. V.K. Vimal Sir and Dr. SushilBeliya. Many eminent Professors, non-teaching staff and Students from different schools of the University participated with great enthusiasm. More than 150 people participated in this event. Winners of poster competition were awarded on this occasion.

International Yoga Day celebrations ended with a huge success under the supervision of the Principal Dr. ManishaG DughavMadam and Swasthavrutta and Yoga Department.



## **CO-ORDINATOR**

- (1) Dr. JyotiJagtap (Professor & HOD, Dept. of Swasthavritta& Yoga)**
- (2) Dr. NehaRathore (Associate Professor, Dept. of Swasthavritta& Yoga)**
- (3) Dr. RinkuChouhan (Assistant Professor, Dept. of Swasthavritta& Yoga)**