

Baba Mastnath University
 Asthal Bohar, Rohtak, NH-10 NCR, Haryana
Shri Baba Mastnath Ayurvedic College
 (Recognised by Ministry of AYUSH, CCIM New Delhi)

INTERNATIONAL DAY OF YOGA - 2021
"Yoga at Home and Yoga with Family"
 21st June, 2021 Time : 07:00 AM - 09:30 AM

Our Patrons

Speakers

Organizing Presidents :
 Dr. Promila Arya, Dr. Neeraj Kumar Khare

Convenor: Dr. Sandeep, Dr. Puneet Sharma
 7015044304, 7357600134

LIVE YOGA SESSION & WEBINAR

Free Registration

Registration Link : <https://forms.gle/u1GUWP63y2MFrH4u5>
 E-Certificates will be awarded after submitting Feedback Form

Organized by : Department of Swasthavritta & Yoga, Shri Baba Mastnath Ayurvedic College

Webinar on International Day of yoga

Summary

The IDY 2021 held in the BMU premises in a befitting manner yesterday. It was a week long program presided over by officiating Vice Chancellor of the BMU. The function was attended by the chancellor's nominee as the chief guest whiles

the officiating Vice Chancellor of BMU was present as the special guest.

Distinguished guests and some students of the college and university also attended the inaugural function.

The events of the week long program included Yoga competition, live yoga session and webinar on post covid management through yoga. A webinar was held on the occasion of International Day of yoga 2021.

Our first eminent speaker was Prasad P. Deshpande Yoga teacher from Government Ayurved College, Nagpur. He delivered a very informative lecture post covid restoration of lung function through Pranayam.

Our second eminent speaker was Dr.Manju from Ganga Putra Ayurved College, Jind. She delivered a knowledgeable lecture on post Covid management through yoga.

Our third Eminent speaker was Dr.Gaurav Dalal . He explained very beautifully on the topic Yoga for Immunity.

More than 450 candidates from all over India joined the webinar.

The head of the department of Swasthvritta and yoga department announces the winner among the participants who performed well in the “Yog competition” photo and video.

The chief guest also delivered a valuable speech in his speech he gave much importance to the need of Yoga in day to day life she encouraged the faculty organises members for their commendable work.

However everybody enjoyed the International Day of yoga 2021 function and highly appreciated the organisers.