



NATIONAL COLLEGE OF AYURVEDA & HOSPITAL

A COMMITMENT TO COMMUNITY

Affiliated by: Shri Krishna Ayush University, Kurukshetra

Approved by: NCISM, Ministry of Ayush (Govt. of India)

Address:

Dhani Garan Road
Barwala (Hisar)
Haryana - 125121



+91 8222896728



+91 8430000028



Kundu.balraj@yahoo.in



Nationalcollegeofayurveda.in

Ref. No.: NCA-22-06-451-A

Date: 22-06-2023

9th International Yoga Day Report

9th International Yoga Day is celebrated by National college of Ayurveda and Hospital, organised by Department of Swasthavritta and Yoga today on 21st June 2023 from 7:00 am onwards with Faculty, Staff and Students as per the instruction of GOI, Ministry of AYUSH and HR, for the Sake of good health, under the guidance of respected Director of the institute Sh. Krishan Kumar Duhan, Principal Dr. K.S.R. Prasad, Vice- Principal Dr. Sunil Dalal.

As program goes on with a brief introduction of the event and blessings by respected Principal Dr. K.S.R. Prasad.

Beneficiaries – Students of BAMS Ist, IInd, IIIrd year, Final year, Interns, Hospital staff, Teaching and Non-Teaching staff, Nursing Students , Patients and their relatives.

Total no of beneficiaries – 300+

As program goes on

Dr. Preeti, Assistant Professor, Deptt of Swasthavritta and Yoga along with the volunteer team, Intern- Paru Rana, Anjali Moun, Ankita, Anshu, Final year student- Rhythm and other from BAMS 3rd year student, guide the beneficiaries and demonstrate the yoga protocol.

All beneficiaries take benefit of performing Yogasans, Pranayam, Dhyan, learn for the future benefit.

At the end of Yogabhyasa everyone feel enlightened and take pledge to perform Yoga regularly.

Another event was also organized for the student “poster making competition with theme- “Yoga for Humanity” in which students participate enthusiastically. Out of all responses best three were awarded with certificate and prize.

1st position- Paru Rana

2nd position – Sapna

3rd position – Anjali Moun

The 5 Elements

Earth Air Water Fire Space



NATIONAL COLLEGE OF AYURVEDA & HOSPITAL

A COMMITMENT TO COMMUNITY

Affiliated by: Shri Krishna Ayush University, Kurukshetra

Approved by: NCISM, Ministry of Ayush (Govt. of India)

Address:

Dhani Garan Road
Barwala (Hisar)
Haryana - 125121



+91 8222896728



+91 8430000028



Kundu.balraj@yahoo.in



Nationalcollegeofayurveda.in

Result was announced by Dr Jyoti, Sihag as given by judges.

It was great initiation by GOI, Ministry of AYUSH, HR to bring Yoga in mainstream for a healthy community, healthy Nation to reduce burden of disease and Prevention is always better than cure.

At the end of the event National anthem was sung by all to pay tribute to Nation.

Few glimpse of the event are here.....



(Principal)

The 5 Elements

Earth Air Water Fire Space