



NATIONAL COLLEGE OF AYURVEDA & HOSPITAL

DHANI GHARAN ROAD, BARWALA HISAR



Date	21/06/2024
Time	07:30 AM – 09:00 AM
Venue	NCA, BARWALA
Speciality	Yoga Camp/Celebration of International Yoga Day 2024
Organizer	Department of Swasthavritta & Yoga (NCA, Barwala)

Team members

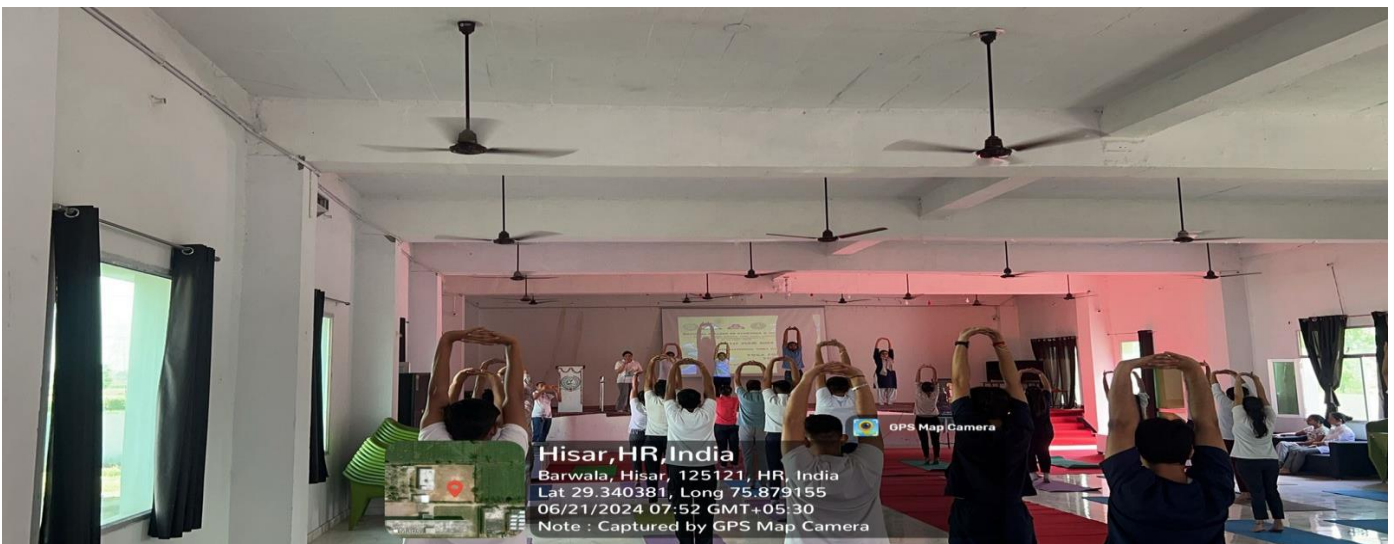
- Dr. Preeti (Associate Professor)-Department of Swasthavritta & Yoga
- Pankaj Kumar- Yoga Teacher
- Sameer – Intern NCA & H

Brief about the event

A morning camp was organized at National College of Ayurveda & Hospital, Barwala. Dr. Preeti & Dr. Jyoti under the guidance of Dr. Bipin Anil Samant led the Yoga Demonstration & Practice camp along with the faculty members, interns & students of NCA & H. A total of 100 individual availed the facility and they were suggested lifestyle modification and educated about the departments and facilities of National Ayurveda College & Hospital, Barwala.

Protocol of International Yoga Day was practiced and demonstrated to the individuals. Importance of yoga was advised to all according to different conditions & Pledge was taken to perform yoga regularly along with social contribution for upliftment of society.

* Camp photos are attached below / next page





नेशनल कॉलेज में दो दिवसीय योग शिविर का आयोजन किया

बरवाला | ढाणी गारण मार्ग स्थित नेशनल कॉलेज ऑफ आयुर्वेद द्वारा दो दिवसीय योग शिविर का आयोजन किया गया। शिविर में लोगों को योगाभ्यास करवाया गया एवं स्वस्थ रहने के लिए आयुर्वेद एवं योग के नियमों से अवगत करवाया गया। इस दौरान स्वस्थ वृत्त एवं योग विभाग के अध्यक्ष डॉ. बिपिन अनिल सामंत, डॉ. ज्योति, डॉ. प्रीति ने योग का महत्व बताया। इस मौके पर कॉलेज के प्रधानाचार्य डॉ. केएसआर प्रसाद, डॉ. सोनिका, डॉ. ज्योति सिहाग, डॉ. रविंदर, डॉ. स्नेहमयी मिश्रा आदि उपस्थित रहे।