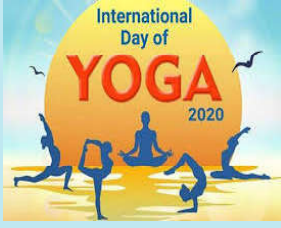


Rajiv Lochan Ayurved Medical College & Hospital

Chandkhuri Durg (C.G.)



International Yoga Day Celebration 2021

Department of Swasthavritta & Yoga & NSS, Rajiv Lochan Ayurved Medical College & Hospital is celebrating 7th International Yoga Day 2021. Schedule of the programme is as follows -

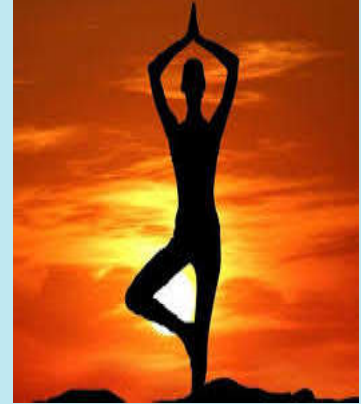
1. National Webinar

Date - 19.06.2021

Topic - "Life style in Covid Era"

Speaker - Dr. Kashinath Samagandi

Asso. Professor, Dept. of Swasthavritta & Yoga
NIA - Jaipur (Rajasthan)



2. Online Poster Competition

Date - 20th June 2021

Instructions for the Competition:-

Topics of the Poster Competition -

i) Role of Yoga in building immunity during Covid-19

ii) Role of Yoga in Menstrual Health during current Pandemic

* Send us Poster in JPEG/JPG Format only

3. Online Yoga Competition

Date - 21st June 2021

Instructions for the Competition:-

Make a video performing following Asanas -

Hold the position for 20-30 seconds for following Asanas-

i) Dhanurasana

ii) Bhujangasana

iii) Gomukhasana

* Participants can add subtitles/instructions/voice note during performance in the video

- Kindly send your entries to - swastharlamc@gmail.com along with

Name, Age, Batch, Contact No.

- The entries will be evaluated on the basis of intensity, correctness & presentation.

Last Date of submission - 21st June 2021 12pm

Top 3 winners of both categories will be Announced on 23rd June 2021

For more Details Contact

-

Dr. Amol Shirbhate (HOD & Reader)

9975862501

Dr. Sagar Sharma (Lecturer)

9826885944