

# On the Occasion of Azadi Ka Amrit Mahotsav Event Sr. No. - 62

 **Rajiv Lochan Ayurved Medical College  
& Hospital Chandkhuri, Durg (C.G.)** 

 **International Yoga Day  
Celebrations 2022** 

On the Occasion of International day of Yoga 2022  
Department of Swasthavritta and Yoga, RLAMC Durg is organising Yogasana  
and Poster making competition for the students of RLAMC

## Yogasana and Poster Making Competition

- Yogasana** - It will be held on 20th June 2022 at 11:00 am, Participants can perform any two simple asana and one advanced asana among the list given below-  
(A) Simple Asana - (1) Ushtrasana (2) Mandukasana  
(3) Pawanmukasana (4) Bhujangasana  
(B) Advance Asana - (1) Dhanurasana (2) Mayurasana  
(3) Astavakrasana (4) Shirshasana

Note - You have to hold the asana for the Minimum 15- 20 Sec.

- Topics for Poster Competition (Any One)**  
It will be held on 20th June - 2.00 pm  
(A) Yoga in Diabetes (B) Yoga in Pregnancy  
(C) Yoga in Mental Stress (D) Yoga in Hypertention

Note - (1) Must be hand Made only.  
(2) Must be in standard drawing sheets.

**Last Date of giving names for the competition 18th June 2022**

**Winners will be announced on 21st June 2022**

For more details & Registration Contact  
**Dr. Sagar Sharma**  
HOD and Reader, Department of Swasthavritta and Yoga  
Mobile - 9826885944



Design by: Pranali Printers, Durg # 9891641302



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Rajiv Lochan Ayurved Medical College  
& Hospital Chandkhuri, Durg (C.G.)



International Yoga Day  
Celebrations 2022



On the Occasion of International day of Yoga 2022  
Department of Swasthavritta and Yoga, RLAMC Durg is organising Yogasana  
and Poster making competition for the students of RLAMC

## Yogasana and Poster Making Competition

1. **Yogasana** - It will be held on 20th June 2022 at 11.00 am, Participants can perform any two simple asana and one advanced asana among the list given below-

- |                                     |                  |
|-------------------------------------|------------------|
| (A) Simple Asana - (1) Ushtrasana   | (2) Mandukasana  |
| (3) Pawanmukasana                   | (4) Bhujangasana |
| (B) Advance Asana - (1) Dhanurasana | (2) Mayurasana   |
| (3) Astavakrasana                   | (4) Shirshasana  |

Note - You have to hold the asana for the Minimum 15-20 Sec.

2. **Topics for Poster Competition (Any One)**

It will be held on 20th June - 2.00 pm

- |                           |                          |
|---------------------------|--------------------------|
| (A) Yoga in Diabetes      | (B) Yoga in Pregnancy    |
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Mobile - 9826885944



Design by: Pranishi Printers, Durg # 9691641352



# On the Occasion of Azadi Ka Amrit Mahotsav Event Sr. No. - 64



Rajiv Lochan Ayurved Medical College  
& Hospital Chandkhuri, Durg (C.G.)



75  
Azadi Ka  
Amrit Mahotsav



## International Yoga Day Celebrations 2022

Organized by : Department of Swasthavritta & Yoga, RLAMC Durg

Date : 21st June 2022 (Tuesday)

Time : 7.30am

Venue : Auditorium, RLAMC

\* Smt. Prabha Sahu \*

Chairperson  
RLAMC, Durg

Dr. Vandana Fating  
(Principal)  
RLAMC, Durg

Dr. Sagar Sharma  
(Reader & HOD)  
Department of Swasthavritta  
and Yoga



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**On the Occasion of Azadi Ka Amrit Mahotsav**

**Event Sr. No. - 65**

**Awareness programme on the occasion of World Blood Donor Day  
(14.06.2022)**

**Venue - RLAMC Durg (C.G.)**

**Institute Representative - Dr. Yogeshwar Pandey, Lecturer(Sharir Kriya  
Dept)**



Event Sr. No. - 66

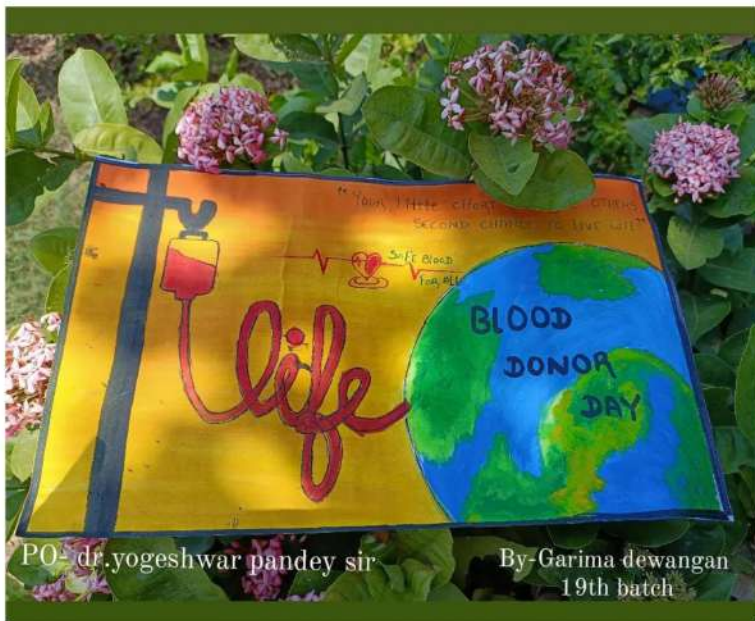
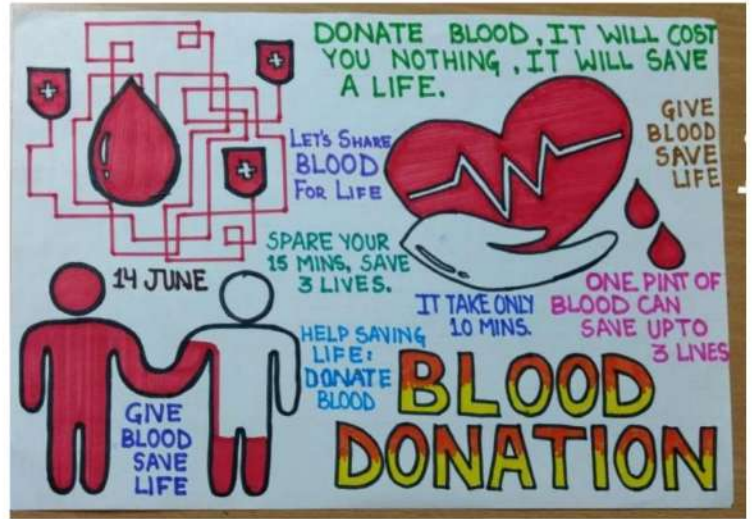
On the Occasion of Azadi ka Amrit Mahotsav  
Poster Competition on the occasion of World Blood Donor Day (14.06.2022)  
Venue - RLAMC Durg , Date - 15.06.2022  
Institute Representative - Dr. Yogeshwar Pandey

**RAJIV LOCHAN AYURVEDIC MEDICAL  
COLLEGE AND HOSPITAL DURG  
CHNDKHURI (CG)**



by- vedanti (19th batch)

p.o.- Dr. yogeshwar  
Pandey sir



PO- dr.yogeshwar pandey sir

By- Garima dewangan  
19th batch

NSS Unit  
RLAMC



P.O.-  
Dr.Yogeshwar  
Pandey Sir

Presented By-  
Neeta Bhoi  
19th Batch

# On the Occasion of Azadi Ka Amrit Mahotsav

Event Sr. No. - 67

Oath for blood donation on the occasion of World Blood Donor Day

Date - 15.06.2022

Venue - RLAMC Durg (C.G.)

Institute Representative - Dr. Yogeshwar Pandey



## Pledge

### World Blood Donor Day, 2022

I, \_\_\_\_\_ (Name), resident of \_\_\_\_\_ (Village)  
\_\_\_\_\_ (District), \_\_\_\_\_ (State), today, on the occasion of  
World Blood Donor Day, 2022 do hereby pledge to donate my blood  
regularly.

Keeping in view the huge need of blood in India, I also undertake to create  
awareness amongst my family members, friends, relatives, colleagues and  
public about the need for regular, voluntary unpaid blood donation.

Along with this, I also undertake, that whenever someone is in need of  
blood, I shall donate blood at my own expense without any greed, free from  
caste-religion discrimination.

I will make relentless efforts so that no life is lost around us due to shortage  
of blood.



**On the Occasion of Azadi Ka Amrit Mahotsav**

**Event Sr. No. - 68**

**Health Awareness Programme - Personal Hygiene in Varsha Ritu  
(Rainy Season)**

**Date - 23.06.2022**

**Venue - Kishor Public School, Bhilai (C.G.)**



**On the Occasion of Azadi Ka Amrit Mahotsav**  
**Event Sr. No. - 69**  
**Health Awareness Programme - Yoga Camp**  
**Date - 23.06.2022**  
**Venue - Kishor Public School, Bhilai (C.G.)**  
**Institute Representative - Dr. Kirti Mishra**





On the Occasion of Azadi Ka Amrit Mahotsav  
Event Sr. No. - 70  
Health Awareness Programme - Plantation  
Date - 16.06.2022  
Venue - RLAMC Durg (C.G.)

