

**JEEVAK AYURVED MEDICAL COLLEGE AND HOSPITAL RESEARCH  
CENTER KAMLAPUR,AKAUNI, CHANDAULI**

**7<sup>th</sup> International day of Yoga (IDY 2021) celebration**

**15 days Online lecture series**

**(17/06/2021 to 02/07/2021)(timing- 3.00pm to 4.00pm)**

This is to notify all teachers and BAMS students of our college that our institute has planned 15 days online Yoga classes for our BAMS students .These Yoga classes will be conducted from 17/06/2021 to 02/07/2021, on timing- 3.00pm to 4.00pm. Schedule attached with it.

**-: LIST OF EVENTS :-**

S.N.	Date	Day	Yoga event	Reporting
1	17/6/21	Thursday	History of Yoga and its periodic development	Dr. A. K. Dubey
2	18/6/21	Friday	General information of Yoga and its role in Ayurvedic system of Medicine	Dr. Kamini Singh
3	19/6/21	Saturday	Role of Vedic Mantra during Yoga practice	Mr. Omkar Mishra
4	20/6/21	SUNDAY	SUNDAY	SUNDAY
5	21/6/21	Monday	International day of Yoga (YOGA ABHYAS MORNING 7AM – 8AM)	
6	22/6/21	Tuesday	Importance of Yoga in Maintaining Normal Physiology of Body	Dr. Varsha More
7	23/6/21	Wednesday	Yoga and Shadchakra	Dr. Anamika kumari
8	24/6/21	Thursday	Role of Yoga in prevention of AamaDosha	Dr. Harish Chand Giri
9	25/6/21	Friday	Yoga and role of Aahar in maintenance of Health	Dr. Anurag Srivastava
10	26/6/21	Saturday	Role of various AushdhaDravya to enhance effect of Yoga abhyas	Dr. Bhavna Gupta
11	27/6/21	SUNDAY	SUNDAY	SUNDAY
12	28/6/21	Monday	Yoga and Panchakarma	Dr. Dharmendra Singh
13	29/6/21	Tuesday	Role of Yoga and prevention of Life Style Disorders	Dr. Pradeep Jain
14	30/6/21	Wednesday	Role of Yoga in ShalkyaTantra	Dr. Umesh Verma
15	01/7/21	Thursday	Role of Yoga in prevention of Surgical Diseases	Dr. Asheesh Gautam
16	02/7/21	Friday	Role of Yoga in prevention of Sharir & ManasRoga	Dr. Divya Singh

*Gopal Das Gupta*

**Pro. G.D. Gupta**

**Principal**

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