



GOVERNMENT OF KARNATAKA
DEPARTMENT OF AYUSH

GOVERNMENT AYURVEDA MEDICAL COLLEGE
Dhanvantari Road, Bengaluru-9



DEPARTMENT OF SWASTHAVRITTA AND YOGA

organizes

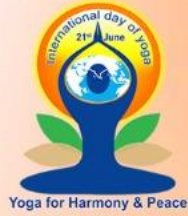
"YOGA PLAVA"

(Series of Online Competitions)

on account of

7th International

Day of Yoga 2021



Online competitions are -

- 1) Online Yogasana demonstration
- 2) Drawing
- 3) Essay
- 4) Short skit
- 5) Yoga dance
- 6) E collage



Organizing secretary:

Dr Vijayalakshmi G H,
Associate Professor and HOD,
Dept of Swasthavritta and Yoga

Event Co-ordinator:

Dr Santosh Shivannavar,
Assistant Professor,
Department of Swasthavritta & Yoga

Event Head:

Dr Ahalya S,
Principal, GAMC
Bengaluru

Event Managers:

- (Students of 3rd year UG,
ATHARVA batch)
- 1) **Trishal Rao D** -9901502017
 - 2) **Shashank N** - 8861618351
 - 3) **Chaitra G** -9986707645



GOVERNMENT AYURVEDA MEDICAL COLLEGE

BENGALURU-09

MINISTRY OF AYUSH, GOVERNMENT OF INDIA

In association with

NATIONAL COMMISSION FOR INDIAN SYSTEM OF MEDICINE



Department of Swasthavritta and Yoga

*Cardially Welcomes You All
For Virtual Programme*

"AZADI KA AMRIT MAHOTSAVA"

**"75 TH INDEPENDENCE DAY CELEBRATION
PROGRAMME FOR 75 WEEKS"**

75
Azadi Ka
Amrit Mahotsav

*On occasion of
Makara Sankranti
Festival*

PRACTICE OF

इस्रुपुष नलडडडडडड

SURYA NAMASKARA FOR VITALITY

जीवनी शक्ति के लिए सूर्य नमस्कार

DATE: 14-01-2022 TIME: 6:45 AM