



**KRISHNA AYURVED MEDICAL COLLEGE, VADODARA**  
AND  
**MATRUSRI DAVALBA AYURVED HOSPITAL**

Managed by Shree Krishna Educational Charitable Trust, Vadodara  
BITS Edu Campus, Vadodara Mumbai NH#8, Varnama, Vadodara 391 240. Gujarat



## **International Yoga Day Report**

To,  
The Director,  
Krishna Ayurved Medical College, Vadodara

- **Name of the College :** Krishna Ayurved Medical College, Vadodara
- **Department :** Swasthavritta & Yoga
- **Number of Attended :** 150
- **Date :** 14<sup>th</sup> June, 2022 to 21<sup>st</sup> June, 2022
- **Subject :** “Celebration of International Yoga week & 8<sup>th</sup> International Yoga Day”

**DrTredha Hitesh Vyas**  
**Convener**  
**Swasthavritta & Yoga Department**

## Summary

International Yoga Day is celebrated every year on 21<sup>st</sup> June since 2015 to spread global awareness about the importance and holistic health benefits of Yoga. 8<sup>TH</sup> International Yoga Day 2022 celebration was organized by Department Of Swasthavritta& Yoga, Krishna Ayurved Medical College &MatrusriDavalbaAyurved Hospital, Drs Kiran &Pallavi Patel Global University, Varnama, Vadodara from 14<sup>th</sup> June, 2022 to 21<sup>st</sup> June 2022. This year theme was “Yoga for Humanity”. In regards to Yoga week, Daily Yoga was practiced by 150 persons from 08:00 am to 09:00 am as per the “Common Yoga Protocol” designed by Ministry of AYUSH, New Delhi. Aim of the program was to increase the Physical & Mental wellbeing, Discipline & Immunity. For the Successful completion of Event, Yoga core committee was formed. During the program all the participants have experienced increased efficiency in routine activities.

The Event was conducted in the Auditorium hall, KAMC building. In View of Yoga Day following competitions were conducted on 21<sup>st</sup> June, 2022

- (1) Elocution Competition
- (2) Poster Making Competition
- (3) Yoga Slogan Competition

Total Students Participants – 50

- 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Prize were announced in all Competition.
- All students participants were given Participation Certificate & Winner Participants were given Cash Prize with Certificate of

Appreciation by respected Director of KAMC Dr.Malhari Sirdeshpande.

Sr. No.	Rank	Elocution Competition	Poster-making Competition	Yoga slogan Competition
1	1 <sup>st</sup> position	Desai Rudra	Hetvi Patel	Happy Sawaliya
2	2 <sup>nd</sup> position	Aum More	Neha Mer & Shivani Chandegra	Aum More
3	3 <sup>rd</sup> position	Kashish Sheth	Tayyaba Siddiqui	Mayuri Rajgor

- 1<sup>st</sup> YR BAMS & 2<sup>nd</sup> YR BAMS students who has achieved 1<sup>st</sup>& 2<sup>nd</sup> Rank in examination of Gujarat Ayurved University felicitated by Director of KAMC Dr. Malhari Sirdeshpande.
- 8<sup>th</sup> International Yoga Day was full of Activities & Excitements.























