



Shri Baba Mastnath Ayurvedic College
A Nath Minority Uaided Institution

Constituent of Baba Mastnath University, Asthal Bohar Rohtak

International Yoga Day Summary



The IDY 2021 was held in the BMU premises in a befitting manner yesterday. It was a weeklong programme presided over by the officiating Vice-Chancellor of the BMU. The Chancellor's nominee attended the function as the chief guest while the officiating Vice-Chancellor of BMU was present as the special guest.



Distinguished guests and some students of the college & university also attended the inaugural function.



The events of the weeklong program included “Yoga Competition”, “LIVE YOGA SESSION AND WEBINAR ON POST COVID-19 MANAGEMENT THROUGH YOGA”.



The HOD of Swasthritta and Yoga Department announces the winner among the participants who performed well in the Yoga competition "photo and video".



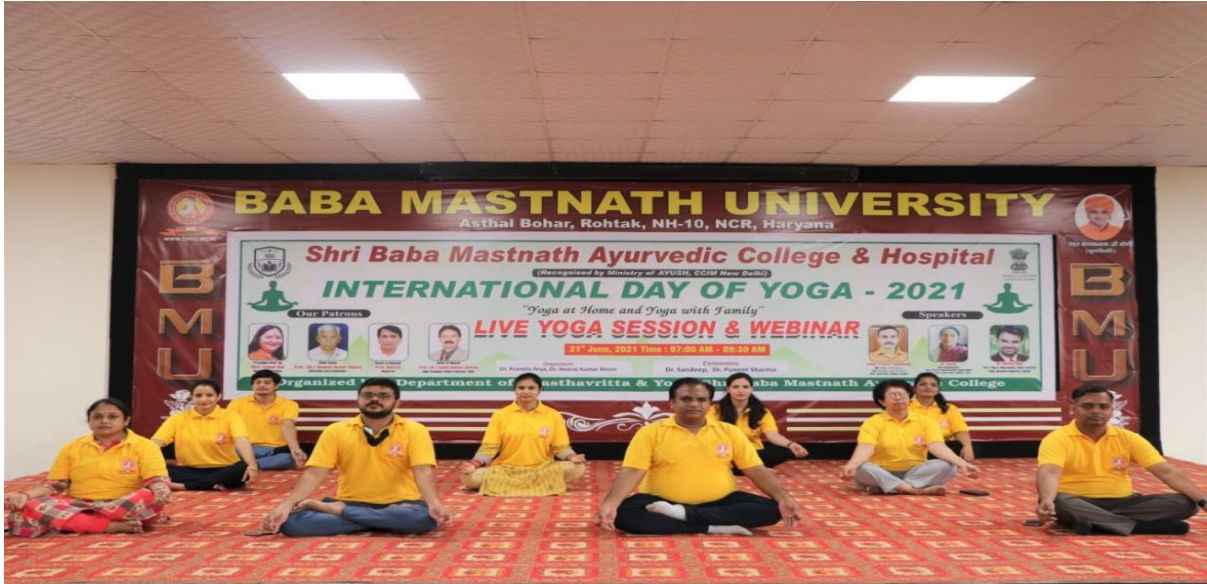


The chief guest also delivered a valuable speech, in his speech he gave much importance to the need of Yoga in day-to-day life she encouraged the faculty organisers, members for their commendable work.



However, everybody enjoyed the International Day of yoga 2021 function and highly appreciated the organisers.





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