

# **6<sup>th</sup> International Yoga Day**

## **DAY 5<sup>th</sup>**

### **Online Yoga Training:**

**Kindly open the following link:**

Part 1

<https://www.facebook.com/lrpayurveda/videos/266350404428111/>

Part 2

<https://www.facebook.com/lrpayurveda/videos/711769516250129/>

**23 June 2020**

On occasion of Sixth International Yoga Day, online competition of Drawing, Rangoli & poster making were held in college. Students participated in this competition from their home.

#### **• Results of online drawing competition:**

- 1) Dr. Sphurti Mali (Intern)
- 2) Dr. Shradha Salunke (Pg Kayachikitsa)
- 3) Sushmita Gengane (Third BAMS)

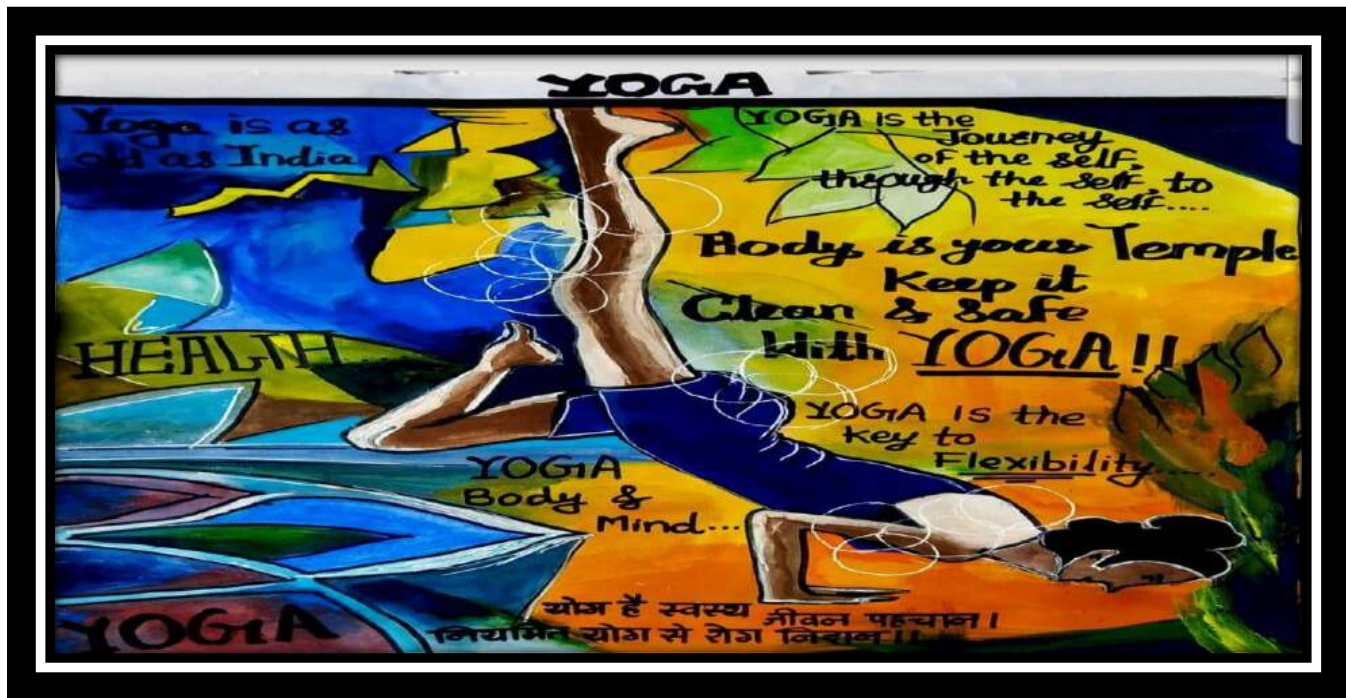
#### **• Results of online Rangoli competition:**

- 1) Dr.Gauri Hukkeri (Pg Balrog)
- 2) Priyanka Kalase (Final BAMS)
- 3) Pranjali Patil (Third BAMS)

#### **• Results of online Poster competition**

- 1) Sindhumadhav Pardeshi (First BAMS)
- 2) Venumadhav Pardeshi (First BAMS)
- 3) Shubhangi Deshmukh (Second BAMS)

day of 6<sup>th</sup> International Yoga Day





You Cannot Always Control What Goes on outside, "योग: कर्मसु कौशलम्" But You Can Always Control what Goes on Inside

Name: Eshwita Sanjay Chandra  
Year: 11th year  
Roll No.: 17

ASANS  
PRANAYAM  
DHARANA  
DHYANA  
SAMADHI

NIYAMAS  
YAMAS

Yoga For Peace

Maintain  
Physical Health  
Mental Health  
Social Health  
Spiritual Health

COVID-19  
Junk Food  
Depression  
Yoga  
Covid-19

Yoga For Peace

Balance

