



Dr. Vijay Ayurvedic Medical College and Hospital

Event Name: Role of Aasana on Lifestyle Disorders

DATE: 29 Jan, 2024

Jan 2024 10.00 am -04:00pm

ORGANIZED BY: DEPT OF SWASTHVRITTA

REPORT

Dr. Vijay Ayurvedic Medical College Hospital and Research Centre has organized seminar on topic “Role of Aasana on Lifestyle Disorders” on 29 Jan, 2024, at 10.00 am which was helpful for the participants to understand the details of the topic, along with various rules of Pharmacovigilance of ASU Drug. 271 delegates were participated in the seminar with various Designations like UG students, Faculty and Practioners and got benefited.

The inaugural function of the event was graced by the stake holders of Ayurveda namely Dr. Lalita Yadav, Dept. Swasthavritta along with Dr. Vijay Yadav, Chairman of Krishna Sudhma Group of Institutions. The seminar was moderated by P.R. Behera Assistant professor, Dept of RSBK and Shrikant Yadav, Office Superitendent of Dr. Vijay Ayurvedic Medical College Hospital and Research Centre, Varanasi.

The Lecture on Assana practice was delivered by an eminent speaker Dr Vkram Dhumal. The Second Lecture on Pranayaam and its Practical Approach was delivered by Dr. Siddhartha, Associate Professor, Emiretus, Dr. Vijay Ayurvedic Medical College Hospital and Research Centre, Varanasi.

Lectures were followed by question and answer sessions. Vote of thanks for this session was delivered by Dr. Amit Kuamr, Dept of Roga Nidana. The facebook and youtube of the session

was coordinated by Chanda Yadav as Office Assistant of Dr. Vijay Ayurvedic Medical College Hospital and Research Centre and Varanasi.

Overall, the event was well organized and appreciated by all.

Dr Manish Singh
Chief Organizing Secretary,
Dept of Kayachikitsa,
Dr. Vijay Ayurvedic Medical College Hospital
And Research Centre, Varanasi.

