



# Bhausaheb Mulak Ayurveda College & Research Hospital, Butibori

P-73, R&C Zone MIDC, Butibori Di- Nagpur-441122 Cell No. (9673843111)  
E Mail- [bmetbutibori@gmail.com](mailto:bmetbutibori@gmail.com) Website - [www.bmaerhbutibori.com](http://www.bmaerhbutibori.com)

Smt. Sumammula B. Mulak	Shri. Rajendra D. Mulak	Shri. Yashraj R. Mulak	Dr. Madhusudan S. Gupta
President	Secretary	Treasurer	Principal

Ref. No

Date -

## DEPARTMENT OF SWASTHAVRITTA AND YOGA

### NOTICE

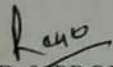
This is to inform that Department of Swasthavritta and yoga is going to arrange a campaign for "Creating immunity against covid by yoga" on 17/12/2020 .

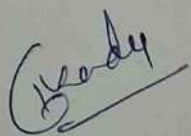
All students, teaching and non teaching staff are informed to remain present for the event.


Note -Kindly carry a mask as a safety measure & maintain proper social distancing.

PLACE-Butibori , Nagpur

DATE- 15/12/2020

  
HOD & PROF.  
Dr. Renuka Chawre  
M.D. (Ayu.)  
Professor & HOD  
Dept. of Swasthavritta  
BMAC & RH, Butibori, Nagpur

  
IQAC Co-ordinator  
BMAC & RH  
Butibori

  
PRINCIPAL

Principal  
Bhausaheb Mulak Ayurved College  
& Research Hospital Butibori, Nagpur



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Smt. Sumanmala B. Mulak    Shri. Rajendra B. Mulak    Shri. Yashraj R. Mulak    Dr. Madhusudan S. Gupta  
President                                  Secretary                                  Treasurer                                  Principal

Ref. No

Date –

Academic Year : 2019-20  
Activity : To create Immunity by Yoga against Covid- Awarenessprogramme  
Participants : 30  
Date of Activity : 17 Dec 2020  
Place : Satgaon  
Objective : Awareness against prevention of covid & Increasing immunity by yoga.

Under the Janjagutiabhiyan, rally and awarenessprogramme was arranged in Satgaon on 17/12/2020. Rally was conducted by the faculties and students.

Slogans regarding awareness about covid were given. Also how to increase immunity through yoga against covid was also displayed on the banners. Social distancing and application of mask was well maintained for the precaution of preventing covid transmissions during the programme.



*Handwritten signature of IQAC Co-ordinator*

*Handwritten signature of Principal*

**Dr. Roshika Chawre**  
M.D. (Ayurveda)  
Professor & HOD  
Dept. of Swasthvirita  
BMAC & RH, Butibori, Nagpur

**IQAC Co-ordinator**  
**BMAC & RH**  
**Butibori**

**Principal**  
**Bhausaheb Mulak Ayurved College**  
**& Research Hospital Butibori, Nagpur**



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President	Secretary	Treasurer	Principal

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Date -

## Yoga for common public on the occasion of international yoga day.

Brief report: on the occasion of international yoga day a common yoga protocol was taken by Dept. of swasthavritta and yoga B.M.A.C & R.H Buttibori. The yoga session was conducted in Vishwakarma nagar common garden area. almost 22 persons were present who took benefit of the session.



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**IQAC Co-ordinator  
BMAC & RH  
Butibori**

*RM*

**PRINCIPAL**

**Bhausaheb Mulak Ayurved College  
& Research Hospital Butibori, Nagpur**

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**Dr. HOD Swasthavritta  
Professor & HOD  
Dept. of Swasthavritta  
BMAC & RH Butibori**



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Ref. No

Date -

## Yoga for common public on the occasion of Womens day.

**Brief report:** on the occasion of womens day on 8/03/23 , a yoga session was conducted by yoga therapist Dr.Rathi madam of Dept. of swasthavritta& yoga of B.M.A.C & RH ,buttibori.The session was taken for specially for womens of Techupsgarden,dighori,Nagpur.The session was conducted in the club house area of Techups garden.18 females were present for the session were practice of asana and pranayama was done.Importance of yoga and pranayama in womens health was explained to the females in the session



*Geedy*

**IQAC Co-ordinator  
BMAC & RH  
Butibori**

*(Signature)*

**PRINCIPAL  
Principal**

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**Dr. Parvika Chawre**  
HOD & PROF. M.D. (Ayu.)  
Professor & HOD  
Dept. of Swasthavritta  
BMAC & RH. Butibori, Nagpur

**Bhausaheb Mulak Ayurved College  
& Research Hospital Butibori**