

REPORT OF COMMON YOGA PROTOCOL ON 7TH INTERNATIONAL DAY OF YOGA 21ST JUNE
Organized by Dept of Swasthavritta and Yoga, Mandsaur Institute of Ayurved
Education and research, Mandsaur University

Department : Swasthavritta & Yoga

Open for Ayurveda students, Teachers and Practitioner

Activity : Common Yoga Protocol

Date & Duration : 21/06/2021, 7 : 30 am onwards

Method : Through live streaming

Co ordinator : Dr Dave John, Assistant Professor Dept of Swasthavritta and Yoga, Mandsaur Institute of Ayurved Education and Research, Mandsaur

Brief description remarks:

The faculty of Ayurveda, on the eve of 7th International Day of Yoga Dept of Swasthavritta & Yoga has organised and conducted Common Yoga Protocol on 21/06/2021. As Yoga is of international importance currently, the 7th International Day of Yoga was conducted on 21st June 2021, at Mandsaur Institute of Ayurved Education and Research, Mandsaur University.

Practice of Common Yoga Protocol was organized by Dept of Swasthavritta and Yoga, MIAER. Instruction for doing the protocol were given by Dr Dave John, Asst Prof, Dept of Swasthavritta and Yoga, the same was demonstrated by 2 volunteers.

As per the suggestion given by AYUSH, the whole protocol was done in a virtual way and the programme was live streamed. The same was attended virtually and practiced at their respective residences by all the staff and students of Mandsaur University.

