



Shri Baba Mastnath Ayurvedic College

(Recognised by Ministry of AYUSH, CCIM New Delhi)

Asthal Bohar, Rohtak, NH-10 NCR, Haryana



सत्यमेव जयते
Ministry of AYUSH
Government of India

Celebrating AYURVEDA WEEK from 7th - 13th November, 2020

Theme of the week is "AYURVEDA FOR COVID-19 PANDEMIC"

BMU is organizing various activities for whole week:

- » Medical Camp & Suvarnaprashana 7th November, 2020
- » Essay competition - 8th November, 2020
- » Poster/Slogan Competition 09th November, 2020
- » Run for Ayurveda 10th November, 2020
- » Quiz Competition - 11th November, 2020
- » Plantation programme & Awareness Lecture
12th November, 2020
- » Ayurveda Day celebration (Dhanwantri Pooja)
13th November, 2020



Venue- BMU Campus, Asthal Bohar, Rohtak





Shri Baba Mastnath Ayurvedic Hospital



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Organizing

Suvarnaprashana Camp



On Pushya Nakshatra

Golden
Drops



For Child's Future

Date : 7th November, 2020, Time : 9.00 AM.

Health Benefits:-

1. Boost Immune system
2. Enhances Memory
3. Improves Digestion
4. Nourishes the skin
5. Reduce mental agitation
6. Improves hearing and vision
7. Improves overall physical & mental health

Venue:

SBMN Ayurvedic Hospital
OPD No-7

Next Pushya Nakshatra is on 5th Dec.2020

For Enquiry. Cont.

Dr. Amit Kumar

9766306089

Dr. Parul Kaushik

8750021904



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Organizing Essay Competition on 08th November, 2020

Topic
"AYURVEDA FOR COVID 19 PANDEMIC"

BMU CHAMP
Essay Writing
Competition

Co-ordinator

Dr. Deepti

Co-ordinator

Dr. Shivangi

Result Declaration : 11th November 2020



Dr Neeraj Kumar Khare
(Convener)
Organizing Committee

COMPETITION RULES:

- » TOPIC- Ayurveda for COVID-19 Pandemic
- » The essay must have an introduction, body and conclusion
- » Name of the participant, batch year, Email Address & contact number should be written at the end of the essay.
- » Length of the essay should not exceed 500 words.
- » The font to be used is Times Roman.
- » The essay must be written either in English or Hindi language.
- » The essay can be handwritten or typed.
- » The essay should be submitted in PDF format only.
- » Submission of the essay should be done at the following email ID : sbmnayc@gmail.com on 10th November before 02:00PM after that no entries will be entertained.



For any grievances Contact :

Co-ordinator
Dr. Deepti

Co-ordinator
Dr. Shivangi

Dr Neeraj Kumar Khare
(Convener)
Organizing Committee



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Invites you all for

Poster With Slogan Competition

on the occasion of

National Ayurveda Day Monday, 09th November, 2020

Instructions for participants:

- » Theme of poster - **Ayurveda for Covid-19 Pandemic**
- » Digital copy of poster should be sent in PDF file format.
- » Submission of poster should be done before **02:00PM on 09th November, 2020.**
- » Language for poster with slogan should be either Hindi, English or Sanskrit
- » Students should write their name & batch year below the posters.

Submission address : sbmnayc@gmail.com

Result declaration : 11th November, 2020

**Exciting Prizes
Will Be
Awarded**

Co-ordinator
Dr. Nisha Jaglan
8529606000

Co-ordinator
Dr. Jyoti Rani
8307543524

Co-ordinator
Dr. Parul Kaushik
8750021904

Dr Neeraj Kumar Khare
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Run For Ayurveda

5th Ayurveda Day



"Ayurveda For Health"



Dress Code White T-Shirt & Blue or Black Jogger Looking forward to your presence.

Co-ordinator
Dr. Amit Kumar
9766306089

Co-ordinator
Dr. Anita
9306729105

Co-ordinator
Dr. Vikash Antla
8005863668

Co-ordinator
Dr. Pankaj Jindal
7206028612

Ayurveda Run Date
10th November 2020

Dr Neeraj Kumar Khare
(Convener)
Organizing Committee

Venue:
BMU Campus, Rohtak



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BMU presents a

**Online Quiz Competition
on the theme**

"Ayurveda for COVID-19"



Win Attractive Prizes

Registration Link will be provided on 11th November 2020, 9:00 AM.

For More Detail Contact : 7206028612

Date : 11th November, 2020 Time : 10:00 AM.

Co-ordinator
Dr. Pankaj Jindal
7206028612

Co-ordinator
Dr. Sakshi
8750246323

Co-ordinator
Dr. Ritu Mongia
7206028614

Dr Neeraj Kumar Khare
(Convener)
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GROW OUR FUTURE **PLANT A TREE**

Join us for Tree Planting Activity

at BMU Campus

as we are

Celebrating National

Ayurveda Week-2020



Venue- BMU Campus, Asthal Bohar, Rohtak

Date : 12th November, 2020 Time : From 10:00 AM.

Co-ordinator

Dr. Amit Kumar

9766306089

Co-ordinator

Dr. Surya Parkash

8005582825

Dr Neeraj Kumar Khare

(Convener)

Organizing Committee



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Awareness Lecture

On

"Ayurveda For Covid-19"



Speakers

Dr. Rakesh Mohan Arya

Dr. Sadanand Gupta

Dr. Sushil Rana

Dr. Promilla Arya

Dr. Dinesh Kumar

Date:
12th November 2020

Dr Neeraj Kumar Khare
(Convener)
Organizing Committee

Venue:
BMU Campus, Rohtak