

RAM KRISHNA COLLEGE OF AYURVEDA AND MEDICAL SCIENCES,  
RKDF UNIVERSITY, GANDHI NAGAR, BHOPAL.

## NATIONAL YOUTH DAY CELEBRATION 2023

### SWAMI VIVEKANAND JAYANTI

Name of activity	National Youth Day celebration
Type of activity	Motivational activity
Occasion	Swami Vivekananda Jayanti
Date	12/01/2023
Venue	Ram Krishna College of Ayurveda and Medical Sciences
Chief organizeConvenor	Prof. (Dr.) Abhijit B. Patil
Co-ordinator	Dr. Deepak Jaiswal
Chief Guest	1. Dr. Dilip Nalage 2. BK Sakshi Didi 3. Prof. Vijaykumar Agrawal 3. Prof. Akhilesh Shrivastav
Student beneficiary	115
Teaching staff beneficiary	23
Non-teaching staff beneficiary	12
Remarks	

#### Brief report:

On the occasion of Swami Vivekananda Jayanti on 12/01/2023, the institute has organized National Youth Day celebration which was held in two sessions.

In the morning, Suryanamaskar demonstration and practice was held for students and staff. Yoga teacher of the institute Miss. Pooja Dangi demonstrated Suryanamaskar steps scientifically depicting its importance and benefits in daily regime.

In the afternoon session, the celebration was blessed by great motivational speaker Dr. Dilip Nalage and famous meditation specialist BK Sakshi Didi.

The programme commenced with the warm welcome of guests followed by lamp lightening and Lord Dhanwantari payer. After praying the God of Health and prosperity of Ayurveda, the guests were felicitated with the floral bouquet and a token of love and appreciation from the institute.

Prof.(Dr.) Abhijit B. Patil, Principal, RKCAMS in his welcome address introduced the audience the theme and objective of celebration of the event. He narrated too stories of Vivekananda's life wherein he has given two important life lessons particularly to youth of the nation, one is "Be focused towards your goal" and "Respect a woman"

Sharing the thoughts and experience of his own, Prof. Vijaykumar Agrawal, Vice Chancellor, RKDF University advised students to read biographies of great people and legends to get inspiration to transform their life to a successful journey.

Well-known motivational speaker Prof. Dilip Nalage interacted the audience with beautiful speech & established a sound connection with the gathering quoting many simple and routine examples of life to understand the concept of the topic. He taught many techniques to master the mind to control it for making life happy and joyful. According to him, use meditation as like medicine to heal the disturbed and unstable mind to conquer your life problems. He engaged the audience with the relevant songs in his velvety voice which audience loved and enjoyed a lot.

To end the session with practical approach, BK Sakshi Didi carried a short session of meditation in which the audience experienced the feeling of high satisfaction and connection with the inner sole.

To sum up the programme, Dr. Deepak Jaiswal delivered vote of thanks and assurance of conducting such programs in future also in favour of students multidimensional growth.

The program was successfully organized under the valuable guidance of honourable Dr. B. N. Singh, Director, General management, Dr. V. K. Sethi, Director General, Research, Dr. N. K. Lariya, Registrar, Dr. Sunil Patil, Controller of Examination, and Dr. Ratnesh Jain, Dean, Student Welfare.

# Some Glimpses of the event

**RAM KRISHNA COLLEGE OF AYURVEDA AND MEDICAL SCIENCES**

Ignites A spark of motivation On the occasion of

## National Youth Day 2023

on  
**12<sup>th</sup> Jan., 2023**

**Topic**  
**First Session**  
**Suryanamaskar Demonstration**  
10:00 am onward

**Topic**  
**Second Session**  
**Topic - It's all about your mind**  
03:00 pm onward

**Hon'ble Dr. Sadhna Kapoor**  
Chief Patron  
Chancellor, RKDF University, Bhopal  
&  
Honorary Professor of Academic Union, Oxford, UK

**Mr. Siddharth Kapoor**  
Patron  
Managing Director,  
RKDF University, Bhopal

**Prof. Vijay K. Agrawal**  
Patron  
Vice Chancellor,  
RKDF University, Bhopal

**Dr. Abhijit Patil**  
Convenor  
Professor and Principal  
RKCAMS  
RKDF University, Bhopal

**Dr. Deepak Jaiswal**  
Co-ordinator  
Associate Professor  
RKCAMS  
RKDF University, Bhopal

**Demonstrator**  
**Miss. Pooja Dangi**  
Yoga Teacher  
RKCAMS, RKDF University, Bhopal

**Motivational Speaker and Health Trainer**  
**Prof. (Dr.) Dilip Nalge**  
Professor  
Department of Ayurved  
Samhita Siddhant  
R. D. Memorial Ayurved  
Medical college, Bhopal

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Email: [info@rkdf.ac.in](mailto:info@rkdf.ac.in)

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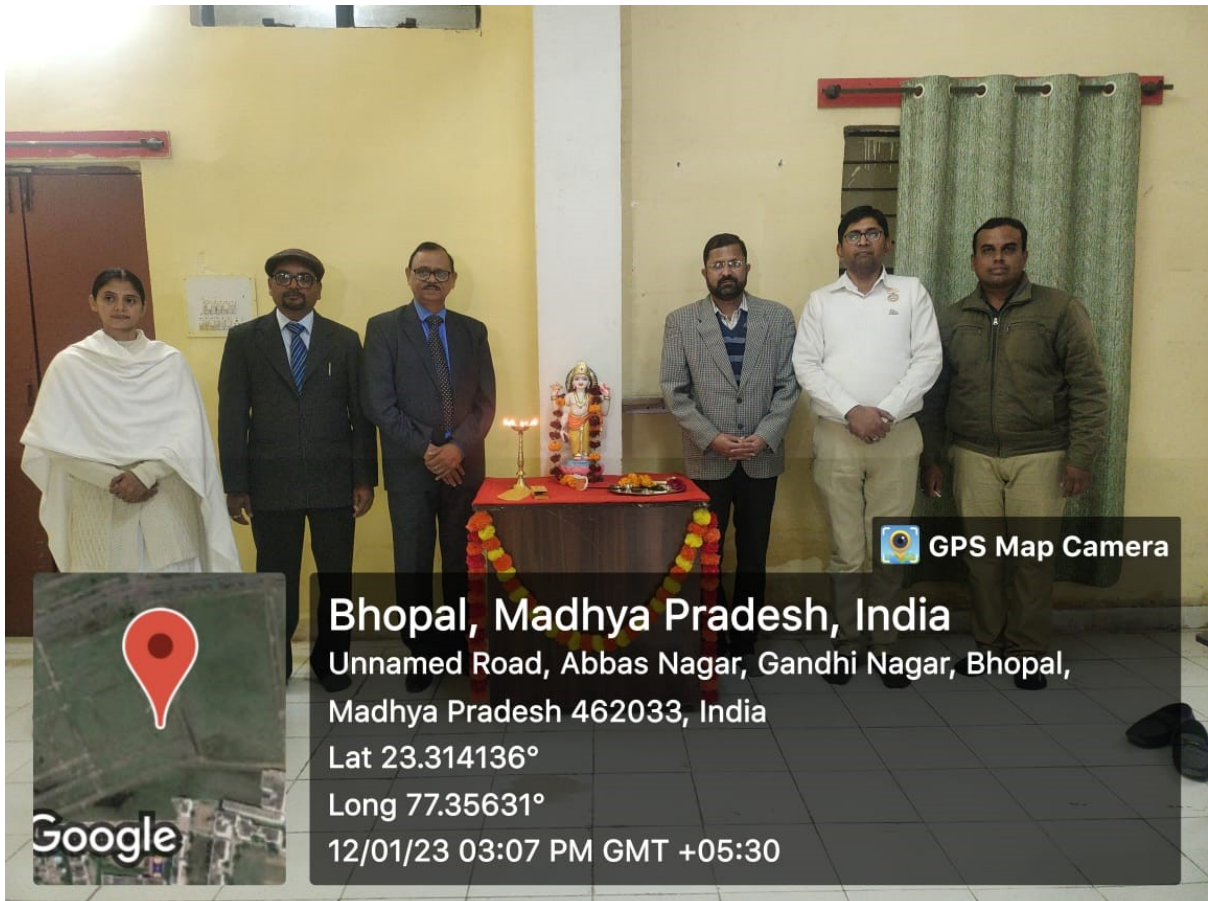
**First Session:**  
**Suryanamaskar Demonstration**

**Second Session :**  
**Topic - It's all about your mind**

**Date: 12/01/2023**  
**Time : 10:00 am onward and 03:00 pm onward**  
**Venue: RKCAMS auditorium**  
**RKDF University, Bhopal.**

**Speaker**  
**Prof.(Dr.) Dilip Nalge**  
Professor, HOD  
Department of Ayurved  
Samhita Siddhant  
R. D. Memorial Ayurved  
Medical college, Bhopal

**Demonstrator**  
**Miss. Pooja Dangi**  
Yoga Teacher  
RKCAMS  
RKDF University  
Bhopal





**RAM KRISHNA COLLEGE OF AYURVEDA AND MEDICAL SCIENCES**  
 Ignites A spark of motivation On the occasion of  
**National Youth Day 2023**  
 on  
**12<sup>th</sup> Jan., 2023**  
 Topic  
**Sunrise Session**  
 Sunrise Demonstration  
 10 am onward

**Sunset Session**  
 Sunset Demonstration  
 4:30 pm onward

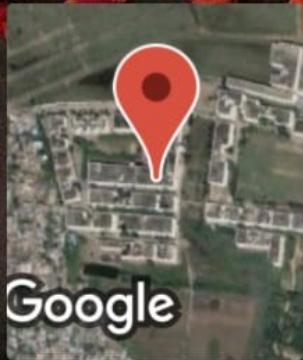
**Dr. Radhika Hegde**  
 Chief Patron  
 (Honorary Professor, All India Institute of Medical Sciences)  
 Honorary Professor, All India Institute of Medical Sciences, New Delhi, India

**Dr. Anurag Hegde**  
 Chief Guest  
 (Honorary Professor, All India Institute of Medical Sciences)  
 Honorary Professor, All India Institute of Medical Sciences, New Delhi, India

**Dr. Pooja Dangl**  
 Guest  
 (Honorary Professor, All India Institute of Medical Sciences)  
 Honorary Professor, All India Institute of Medical Sciences, New Delhi, India

**Prof. (Dr.) Dilip Maloge**  
 Professor  
 Department of Ayurved  
 Sanatha Siddhant  
 R. D. Memorial Ayurved  
 Medical college, Bhopal

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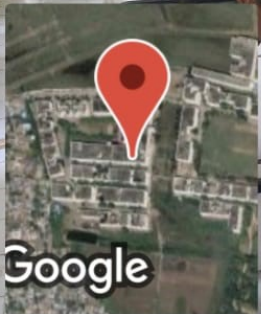
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