

**ASHOKRAO MANE AYURVEDIC MEDICAL COLLEGE  
AND HOSPITAL,**

**VATHAR TARF VADGAON**

**DEPARTMENT OF SWASTHVIRITTA AND YOGA**

**NON-LECTURE ACTIVITY**

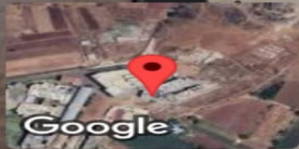
**GUEST LECTURE**

**REPORT**

**DATE: 27/02/2026**

Department of Swasthvritta and Yoga had arranged non-lecture activity of Guest Lecture and Demonstration for 2<sup>nd</sup> year students on 27<sup>th</sup> Feb. 2026 at 9.45 am to 1 pm. Mr. Shri Nivas B. Bagal Sir were invited as a guest lecture. Topic of the lecture was “APPLICATION AND DEMONSTRATION OF SHATKRIYA”.

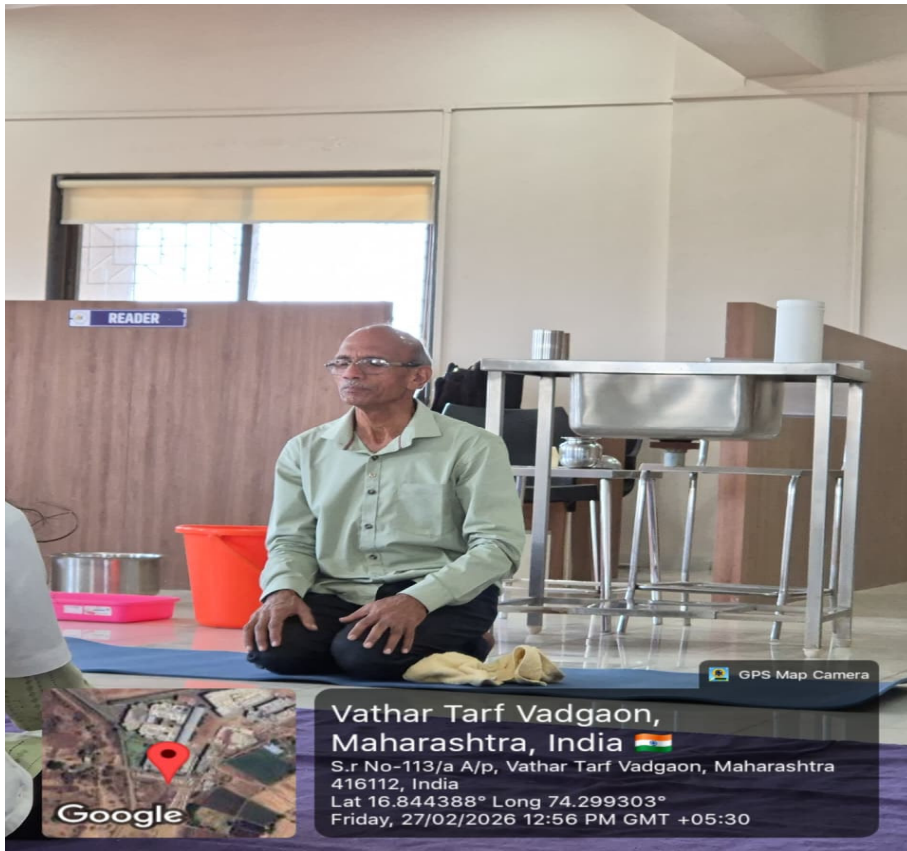
Mr. Bagal sir had introduced ancient shatkriya techniques in classroom and explained their importance in this modern world. Later all the Shatkriya techniques were demonstrated by Mr. Bagal sir. Shatkriya techniques included Jal Dhauti, Jal Neti, Tratak, Kapalbhathi etc.



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Friday, 27/02/2026 10:48 AM GMT +05:30

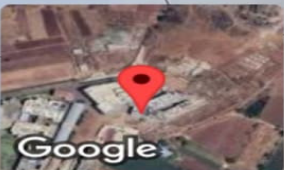


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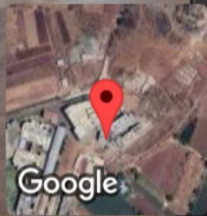




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Vathar, Shop No 1, Main Road, Near Ashokrao Collage,  
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