

COMPETITION

- 1- On 25th March 2022, debate on impact of **Life style**, described in Ayurveda and their importance was organised. Student of Quadra Institute of Ayurveda and Nursing College, along with faculty and other staff participated.
- 2- On 30 March 2022, **Shlok Pratiyogita** was organised at Quadra Institute of Ayurveda, Roorkee. The program was organised by education committee of the college.
- 3- **Poster making Competition** on 7th April 2022, on the occasion of **World Health Day**. The program, of Poster making Competition and health awareness Skits were organised in Quadra Institute of Nursing College, Roorkee.
- 4- On 12th August 2022, an Essay writing competition on the topic "**Nav Bharat Nirman Me Yuva Shakti ki Bhoomika**" was organised among the student of the College. Total 13 student participated. Dr Sheron Prabhakar, Associate Professor, Deptt. of Agad Tantra Played a role as judge. Vaishali Sharma, Student of BAMS 3rd Year (2019 BNatc) And Ira Guta , Student of BAMS 3rd Year Year (2019 Batch) have got 1st & 2nd posiotio.n respectively. All winners were awarded by Memento and Certificate.
- 5- On 6th August 2022m a Poem competition, based on Nationalism was organised among the student of Quadra Institute of Ayurveda, Roorkee. Total 11 student Participated.Result was declared on 9th August 22. Ist Position was achieved by Rudra Surya Pratap Sing, Batch 2018 while Goya Hayat was on second Position, 2021 Batch. Dr G K Sharma, Prof. & Head, Department of RSBK played their role as judge. Certificate of Appreciation and memento were awarded to them on 15th August 2022.

