



Indian Institute of Medical Sciences Ayurved College

Permitted by NCISM, New Delhi. Affiliated to MUHS, Nashik, MH

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Notice

INTERNATIONAL YOGA DAY CELEBRATION AND COMPETITIONS

We are delighted to announce the celebration of International Yoga Day on June 21, 2024, with the theme “Yoga for Self and Society.” In the lead-up to this special day, we are organizing various competitions from June 18th to 20th 2024. We solicit your active participate and encourage you to showcase your creativity and enthusiasm for yoga.

Event Details:

- Date: June 21, 2024
- Time: 9:30 AM to 11:00 AM
- Venue: Auditorium
- Dress Code: Comfortable yoga attire

Agenda:

1. 9:30 AM – 9.45 AM: Registration and Welcome
2. 9:45 AM - 10:30 AM: Guided Yoga Session by Professional Instructor
3. 10:30 AM - 10:45 AM: Meditation and Breathing Exercises
4. 10:45 AM - 11:00 AM: Closing Remarks and Group Photo

Special Instructions:

- Please bring your own yoga mat and a water bottle.
- Arrive at least 15 minutes early.

This event is open to all students, faculty & staff. We encourage everyone to join us in celebrating this day dedicated to health and wellness.

Let's come together to embrace a healthier lifestyle and spread the message of peace and harmony through yoga!



14/6/24

Principal

Indian Institute of Medical Sciences
Ayurved College & Hospital
At Post Manori, Tal. Dindori Dist. Nashik

COMPETITION DETAILS

Categories:

1. Essay Competition

- Date: June 18, 2024
- Time: 3:00 PM - 04:00 PM
- Venue: Class Room 01
- Instructions: Write an essay on the theme "Yoga for Self and Society."

2. Slogan Writing Competition

- Date: June 19, 2024
- Time: 01:30 PM – 02:30 PM
- Venue: Class Room 01

3. Reels Competition

- Date: June 19, 2024
- Time: 3:00 PM - 04:00 PM
- Venue: Seminar Hall
- Instructions: Create a short video reel (30-60 seconds) showcasing the theme "Yoga for Self and Society."

4. Poster Making Competition

- Date: June 20, 2024
- Time: 01:30 AM - 02:30 AM
- Venue: Auditorium
- Instructions: Design a poster that reflects the theme "Yoga for Self and Society."

5. Rangoli Competition

- Date: June 20, 2024
- Time: 02:30 PM - 4:00 PM
- Venue: Auditorium
- Instructions: Create a rangoli design inspired by the theme "Yoga for Self and Society."

Participation Guidelines:

- Registration: Participants must register for the competitions by June 17, 2024.
- Materials: Participants are required to bring their own materials for the Poster and Rangoli competitions. Basic supplies will be provided.
- Judging: Entries will be judged on creativity, relevance to the theme, and overall presentation.
- Prizes: Exciting prizes will be awarded to the winners of each category.

Note: The winners will be announced during the International Yoga Day celebration on June 21, 2024.

We look forward to your enthusiastic participation and celebrating the spirit of yoga together!

