



SAM | GLOBAL
UNIVERSITY

SAM GROUP
"SAM-UPANAYAN"
INDUCTION PROGRAMME

BATCH 2021-2022

www.samglobaluniversity.ac.in



SAM

GLOBAL
UNIVERSITY

Sardar Ajit Singh Smriti Ayurved Mahavidhyalaya

Adampur Chawani, Kolua Khurd, Raisen Road, Bhopal (MP)

Celebrating International Yoga Day

“YOGA FOR HUMANITY”



21ST JUNE 2022



www.samglobaluniversity.ac.in



YOGA DAY CELEBRATION




“YOGA FOR HUMANITY”

21ST JUNE 2022

COMPETITION FOR STUDENTS

- 1-Essay Competition
- 2- Poem or Poetry Competition
- 3- Slogan Writing Competition
- 4- Poster making Competition
- 5- Posture Competition

FOR YOGA DAY

-  **Surya Namaskar**
-  **Demonstration of Yoga**
-  **Felicitation Ceremony**

RULES

Essay Competition

- Word limit 350 to 500
- Language - Hindi, English
- Format PDF

Slogan Writing Competition

- On A4 Size Sheet
- Language - Hindi, English
- Format PDF

Poster Making Competition

- On 1.5 x 2.00 ft. Size sheet
- Language - Hindi, English
- Format PDF

Poem or Poetry Competition

- Word limit 150 (maximum)
- Language - Hindi, English
- Format PDF

Posture Competition

- Video 30 sec. to 1:00 min.
- Language - Hindi, English
- Asanas which have to be perform (any one) -
 - 1- Gou-Mukhasan
 - 2- Matsyaasan
 - 3- Vrakshaasan
 - 4- Dhanurasan
 - 5- Naukasana

NOTE: All schools of Sam Global University have to conduct these five competitions in their respective schools. Before 19th June 2022 and provide us their results as 1st, 2nd, 3rd on **20th June 2022**. All the works of the participants are going to be displayed on the 8th International Yoga day **21st June 2022 at SGU with Surya Namaskar, Demonstration of Yoga, and Felicitation Ceremony**. The Final result should be mailed up by **20th June 2022, 12:00 PM** on yoga08humanity@gmail.com

