

*SAM GROUP S. * "SAM-UPANAYAN" INDUCTION PROGRAMME * **



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Sardar Ajit Singh Smriti Ayurved Mahavidhyalaya

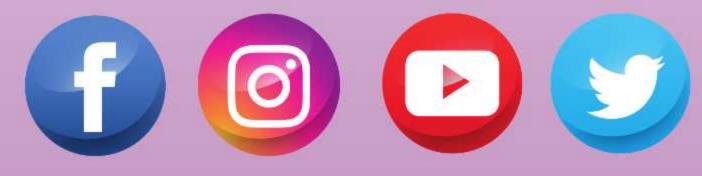
Adampur Chawani, Kolua Khurd, Raisen Road, Bhopal (MP)

Celebrating International Yoga Day

"YOGA FOR HUMANITY"

21ST JUNE 2022















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







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**