



**SAM** | GLOBAL  
UNIVERSITY

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

**BATCH 2021-2022**

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# SAM

GLOBAL  
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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”



21<sup>ST</sup> JUNE 2022



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# YOGA DAY CELEBRATION




## “YOGA FOR HUMANITY”

### 21<sup>ST</sup> 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](mailto:yoga08humanity@gmail.com)