



Indian Institute of Medical Sciences Ayurved College

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

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Notice - 103

INTERNATIONAL YOGA DAY CELEBRATION AND COMPETITIONS – 2025

We are delighted to announce the celebration of **International Yoga Day on June 21, 2025**, with the theme “**Yoga for One Earth, One Health**” In the lead-up to this special day, we are organizing a series of yoga-related events and competitions from **June 16 to June 21, 2025**. We invite all students, teaching, and non-teaching staff to actively participate and express their creativity, dedication, and enthusiasm for yoga and a healthy lifestyle.

Event Details for Yoga Day Celebration

- **Date:** June 21, 2025
- **Time:** 8:00 AM to 9:00 AM
- **Venue:** Auditorium
- **Dress Code:** Comfortable yoga attire

Agenda:

1. **8:00 AM – 8.05 AM:** Welcome
2. **8:10 AM - 8:40 AM:** Guided Yoga Session by a Professional Instructor
3. **8:40 AM - 8:50 AM:** Meditation and Breathing Exercises
4. **8:50 AM - 9:00 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 compulsory to all **students, faculty, and staff**. Let's embrace a healthier lifestyle and spread wellness through yoga!



12/6/25
Principal
Indian Institute of Medical Sciences
Ayurved College & Hospital
At Post Manori, Tal. Dindori, Dist. Nashik.

Competitions and Activities Schedule (June 16–21, 2025)

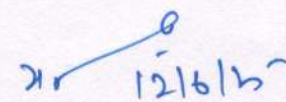
Sr. No.	Event	Date	Time	Venue	Instructions
1	Y-Break Yoga Sessions	16/06/2025 to 20/06/2025	01:30 pm onwards	Auditorium/Classrooms	Separate sessions for teaching, non-teaching staff & students.
2	Yoga Recipes – Satvik Aahara	16-Jun-25	2:30 PM – 4:30 PM	Seminar Hall	Display of nutritious, satvik yoga-friendly food recipes. Bring prepared dishes with a recipe note.
3	Path Natya (Street Play)	17-Jun-25	3:00 PM – 3:30 PM	College Courtyard	Perform a short street play focused on yoga and wellness awareness.
4	Digital Poster Making Competition	18-Jun-25	Submit by 5:00 PM	Online Submission	Create and submit a digital poster on the theme “Yoga for One Earth, One Health”
5	Suryanamaskar Challenge	19-Jun-25	10:00 AM – 11:00 AM	Seminar Hall	Perform maximum correct rounds of Surya Namaskar. Participants will be judged on form, stamina, and technique.
6	Presentation on Yoga (Group or Individual)	20-Jun-25	2:30 PM – 4:30 PM	Seminar Hall	Deliver a short presentation (5 mins) on any topic related to yoga, its benefits, philosophy, etc.

Participation Guidelines:

- **Registration:** Participants must register for competitions/events by **June 14, 2025**.
- **Materials:** Participants must bring required items (props/recipes/presentation materials). Digital entries must be original and submitted on time.
- **Judging Criteria:** Creativity, theme relevance, presentation, and engagement.
- **Prizes:** Winners will be felicitated during the Yoga Day Celebration on **June 21, 2025**.

Let's unite in the spirit of yoga and wellness!
Celebrate, Participate, and Inspire!




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