

**“YOGA COMPETITION ON  
OCCASION OF 10<sup>TH</sup>  
INTERNATIONAL DAY OF YOGA  
2024”**

**On**

**15<sup>TH</sup> June 2024**

**On the Occasion Of**

**“YOGA COMPETITION 2024”**



**ORGANIZED BY  
SJNHMCH, DIRECTORATE OF AYUSH & NATIONAL  
AYUSH MISSION, GOVT. OF ASSAM  
IN COLLABORATION WITH  
INSTITUTE OF YOGA & NUTRITION SCIENCES (IYNS)**



# Yoga Competition

IN CONNECTION WITH

## 10<sup>th</sup> INTERNATIONAL YOGA DAY

15 JUNE 2024

Venue-S.J.N.Homoeopathic Medical College & Hospital  
Time -8AM Onwards

**Organised by**  
S.J.N.H.M.C & Hospital Under  
Directorate of AYUSH and National  
AYUSH Mission, Assam

In Collaboration with  
Institute of Yoga & Nutrition  
Science(IYNS),Guwahati, Assam

WINNER REWARDS

**OPEN FOR ALL PARTICIPENTS**

Winner Certificate ,Trophy with Rewards and offer for Yoga Calender 2025



# INTRODUCTION

**Y**oga is a discipline that dates back to thousands of years and is regarded as one of the best practices known to calm the inner self. The practice aims to attain self-realization, by improving the inherent power of an individual in a balanced way. This discipline was founded by saints and sages, who presented a rational interpretation of their experiences and formulated a practical and scientifically sound method to be available within everyone's reach. This year marks the 10th International Day of Yoga with the theme "Yoga for Self and Society." Yoga, a transformative practice, represents the harmony of mind and body, the balance between thought and action, and the unity of restraint and fulfillment. It integrates the body, mind, spirit, and soul, offering a holistic approach to health and well-being that brings peace to our hectic lives. Its power to transform is what we celebrate on this special day. Yoga is an ancient physical, mental and spiritual practice that originated in India. The word 'yoga' derives from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness. Today it is practiced in various forms around the world and continues to grow in popularity. Recognizing its universal appeal, on 11 December 2014, the United Nations proclaimed 21 June as the International Day of Yoga by resolution 69/131. The International Day of Yoga aims to raise awareness worldwide of the many benefits of practicing yoga. The draft resolution establishing the International Day of Yoga was proposed by India and endorsed by a record 175 member states.



The proposal was first introduced by Prime Minister Narendra Modi in his address during the opening of the 69th session of the General Assembly, in which he said: “Yoga is an invaluable gift from our ancient tradition. Yoga embodies unity of mind and body, thought and action ... a holistic approach [that] is valuable to our health and our well-being. Yoga is not just about exercise; it is a way to discover the sense of oneness with yourself, the world and the nature.” The resolution notes “the importance of individuals and populations making healthier choices and following lifestyle patterns that foster good health.” In this regard, the World Health Organization has also urged its member states to help their citizens reduce physical inactivity, which is among the top ten leading causes of death worldwide, and a key risk factor for non-communicable diseases, such as cardiovascular diseases, cancer and diabetes.

Keeping motto for awareness generation and popularize yoga among Medical students and general public specially the staff, Teaching faculty and students of Swahid Jadavnath Homoeopathic Medical College & Hospital, Panjabari Guwahati, Assam.



Yoga Competition, 2024 organized by SJNHMCH, PANJABARI, GUWAHATI ,Yogasana to be perform in the

### A.FIRST ROUND

1. Vriksasana (Common Yoga Protocol.)
2. Ustrasana (Common Yoga Protocol.)
3. Bakrasana (Common Yoga Protocol.)
4. Uttanpadasana (Common Yoga Protocol.)
5. Yogasana of own Choice

### B.SECOND ROUND

1. Padahastasana (Common Yoga Protocol.)
2. Trikonasana (Common Yoga Protocol.)
3. Salabhasana (Common Yoga Protocol.)
4. Own Choice (Hand balancing)
5. Own Choice
6. Question about Asana

### Rules and Regulation

- a. The Above mention asana are to be perform strictly following by Common Yoga Protocol (CYP), Ministry of Ayush.
- b. Every asana hold for 10 seconds.
- c. competitor have to perform four compulsory asana selected from (CYP) and one own choice. Each asana holding time for 10 seconds.
- d. In FINAL competitor have to perform three compulsory asana selected from (CYP) and two own choice. Each asana holding time 15 seconds.
- e. From every age group only one competitor will be selected (Male or female only one)
- f. Judges decision will be final in any aspect.
- g. verification of competitor name and age according his/her ID or certificate.
- h. An undertaking to be sign by competitor and his/her guardian.

## **DETAILS OF YOGA COMPETITION, 2024 ORGANIZED BY SJNHMCH, PANJABARI, GUWAHATI**

The Yoga Competition as planned-

1. Pre Yoga Competition activities
2. During Yoga Competition activities
3. After Yoga Competition activities

The details of the activities as-

### **I. Pre Yoga Competition activities**

Various activities planned as per instruction issued by the Yoga celebration committee of S.J.N Homoeopathic Medical College & Hospital followed by different activities as-

1. Yoga competition participation form issued .
2. Awareness programme for awareness among students of S.J.N Homoeopathic Medical College & Hospital.
3. Leaflets ,Pamphlets and Flair distributed .
4. Preparation of venue at SJNHMCH ,Auditorium.

We specially invite:-

- a. **Dr. Deepen Baruah, Deputy Director I/c, AYUSH**
- b. **Prof. (Dr.) Dip Kumar Medhi**, Principal, S. J. N. Homoeopathic Medical College and Hospital
- c. **Dr.G. Das** ,Medical officer , S. J. N. Homoeopathic Medical College and Hospital
- d. **Dr. U. Bardoloi** ,Hospital,I/c, S.J.N. Homoeopathic Medical College and Hospital
- e. **Dr.Rasmi Sinha, BNYS, HOD , Deptt. of Yoga & Naturopathy, IYNS, Guwahati**

f.Mr.Ganesh Goswami,Yoga Expert ,IYNS  
 g.Dr.S.K.Sinha,Director,IYNS,Guwahati,Assam  
 For active Guidance and support to make the programme  
 Successful :-

## **II. During Yoga Competition activities**

On occasion of 10<sup>th</sup> IDY 2024 yoga competition organized amongs students of SJNHMCH based on CYP issued by Ministry of AYUSH,Govt.of India.

The Yoga Competition innagurated by Prof. (Dr.) Dip Kumar Medhi, Principal, S. J. N. Homoeopathic Medical College and Hospital and Special Guest Dr. Deepen Baruah,Deputy DirectorI/c,AYUSH give keynote speech on importance of Yoga for better livelihood.followed by lecture by Dr. U. Bardoloi ,Hospital,I/c, S.J.N. Homoeopathic Medical College and Hospital in presence of all Faculty members constituted for celebration of 10<sup>th</sup> IDY 2024.

The three Judges constituted by Institute of Yoga & Nutrition Sciences(IYNS),completed Yoga Competition successfully with syllabus as specified.

## **III. After Yoga Competition activities.**

After Yoga Competition the participants total 15 (Fifteen)successfully participated and demonstrated Yogasana as per syllabus approved from CYPT,of Ministry of AYUSH, Govt.of India.













































## Conclusion

The yoga competition which is completed on 15<sup>th</sup> June 2024 with approval from Director of AYUSH, Govt. of Assam at S.J.N. Homoeopathic Medical College & Hospital, Panjabari Guwahati in collaboration with Institute of Yoga & Nutrition Sciences (IYNS) successfully managed and the Certificates, Medals and Consolation prizes distributed to winners on 21<sup>st</sup> June 2024 after celebration of 10<sup>th</sup> IDY at the Playground, S.J.N. Homoeopathic Medical College & Hospital, Panjabari Guwahati in which approx. 350 persons attended the programme.

The Ministry of AYUSH, Govt. of India will issue 10<sup>th</sup> IDY Participation Certificate to registered Participants through MDNIY as this organization is Partner organization with IYNS, Guwahati.

All the people heartily thanks to the Director of AYUSH, Govt. of Assam, and National AYUSH Mission for giving permission for the Yoga Competition.