



All India Institute of Medical Sciences Nagpur



International Yoga Day 2023

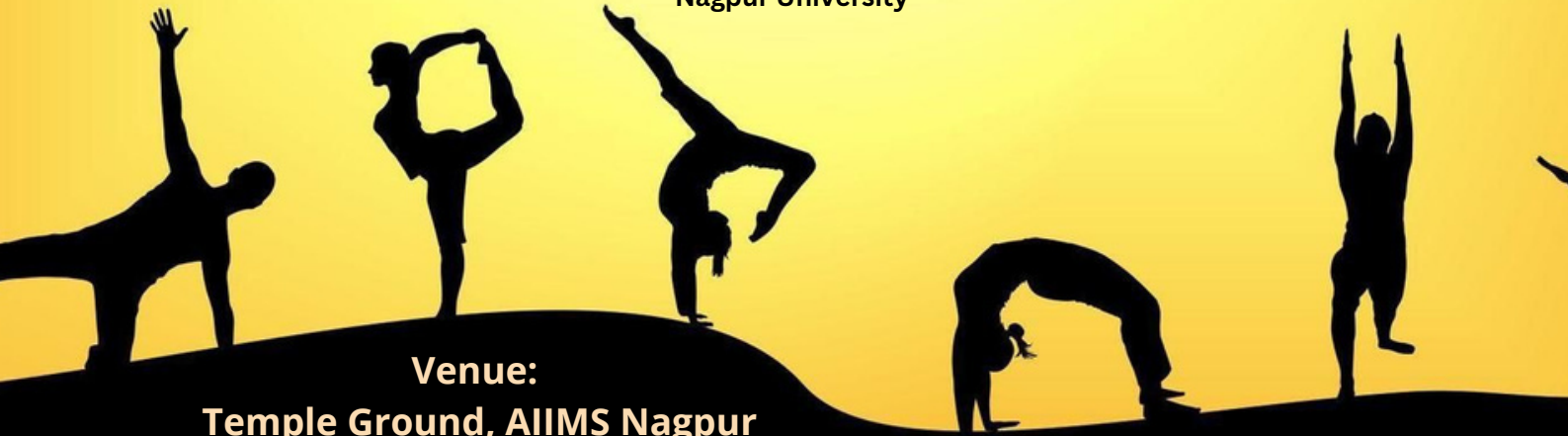


Date:
21st June 2023

Time:
6.30 am to 8.00 am

Yoga Competition and Live yoga session
by
Dhanashri Lekurwale

World & Asian Yoga Champion
Committee Member
Physical Education Department , Rashtrasant Tukadoji Maharaj
Nagpur University



Venue:
Temple Ground, AIIMS Nagpur

Click here to Register . Registration open till 20th June 4 PM

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Program outline

1. Reporting at venue : 6.30 am
2. Welcome address and introduction of Yoga Trainer : 6.35 to 6.40 am
3. Welcome to dignitaries: 6.40 to 6.45 am
4. Yoga session and competition: 6.45 am to 7.30 am
5. Prize distribution: 7.30 am to 7.40 am
6. Vote of thanks: 7.40 am to 7.45 am
7. National anthem followed by refreshment: 7.45 am onwards



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Few instructions for live yoga session and competition:

1. **Dress comfortably:** Wear loose-fitting, breathable clothing that allows you to move freely. Avoid wearing accessories or jewelry that may interfere with your practice.

2. **Bring a yoga mat:** If you have a yoga mat, please bring it with you. If you don't have one, you can bring your bed sheet.

3. **Stay hydrated:** Remember to bring a water bottle to keep yourself hydrated throughout the event. It's essential to drink water before, during, and after the yoga session.

4. **Arrive early:** Plan to arrive at the venue a few minutes before the scheduled start time to allow yourself enough time to settle in, find your spot, and set up your mat if necessary.

5. **Follow instructions:** Listen attentively to the instructor and follow their cues and instructions. They will guide you through the various yoga poses and breathing exercises. If you have any questions or concerns, don't hesitate to ask for clarification.

6. **Respect your body's limits:** Never force yourself into a pose that feels painful or uncomfortable. Modify the poses as needed and take breaks whenever necessary.

7. **Breathe mindfully:** Pay attention to your breath throughout the practice. Deep, mindful breathing can help you relax and connect with the present moment. Follow the instructor's guidance on breathing techniques.

8. **Be mindful of others:** Practice good yoga etiquette by respecting the personal space of fellow participants.

9. **Stay focused:** Try to stay fully present during the practice, letting go of any distractions or thoughts unrelated to the yoga session. This will enhance your experience and allow you to reap the full benefits of the practice.

10. **Have fun and enjoy:** International Yoga Day is a celebration of unity, peace, and well-being. Approach the event with a positive attitude, an open mind, and a willingness to embrace the practice of yoga. Enjoy the experience and the opportunity to connect with others on this special day.

11. Please wear your ID cards.

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