



“Quest for Excellence”

# SHRI GURU RAM RAI UNIVERSITY

(Established under Shri Guru Ram Rai University, Act. No. 03 of 2017)

Ref. No: SGRRU/RO/2023/09/02

Date : 01/09/2023

A two days event of “National Yogasana Championship” is being organized in collaboration with SGRR University for which the schedule of programme is as under. The Faculty and students of all the schools are required to participate.

## Day-1 Schedule

Saturday 02<sup>nd</sup> Sept., 2023

Venue: Institute of Medical & Health Sciences Auditorium, SGRR University, Patel Nagar, Dehradun.

Time	Event
09:00 AM - 09:15 AM	Gathering
09:15 AM - 09:17 AM	Arrival of Hon'ble VC Sir, Registrar Sir, Chief Guest, Guest of Honour and Eminent Speakers
09:17 AM - 09:20 AM	Lamp Lighting
09:20 AM - 09:22 AM	YSF intro by Anchor
09:22 AM - 09:28 AM	Ganesh Vandana by SGRRU Student
09:28 AM - 09:30 AM	Deep Yoga
09:30 AM - 09:35 AM	Prof. (Dr.) Balwant Singh, Maharashtra YSF President & President GHRWS
09:35 AM - 09:40 AM	Prof. (Dr.) Maheboob Kureshi, Education Inspector & Gujarat YSF President
09:40 AM - 09:45 AM	Mr. Sumanta Mitra (Head Coach, Sashastra Seema Bal), Assam
09:45 AM - 09:50 AM	Hon'ble Registrar Sir
09:50 AM - 10:00 AM	Eminent Speaker Online (from Vietnam/China)
10:00 AM - 10:02 AM	Announcement of Referee Photo Program
10:02 AM - 10:05 AM	Photo Ceremony for Referee
10:06 AM - 10:20 AM	Award of Honour by Hon'ble Registrar Sir
	Refreshment on Tables
10:20 AM - 11:00 AM	Age Group-1 Championship Start
11:00 AM - 11:10 AM	National Anthem and Departure of Guest
11:10 AM - 12:00 PM	Commencement of Championship Age Group-2
12:00 PM - 01:00 PM	Commencement of Championship Age Group-3

Patel Nagar, Dehradun, Uttarakhand-248001

Phone: (0135) 2721763, 7248889111 Visit us at: [sgrru.ac.in](http://sgrru.ac.in), Email: [info@sgrru.ac.in](mailto:info@sgrru.ac.in)

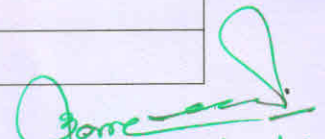
01:00 PM - 02:00 PM	Lunch
02:00 PM - 03:00 PM	Commencement of Championship Age Group-4
03:00 PM - 04:30 PM	Miss Yoga India
04:30 PM - 05:00 PM	Closing of Day-1

### Day-2 Schedule

**Sunday 03<sup>rd</sup> Sept., 2023**

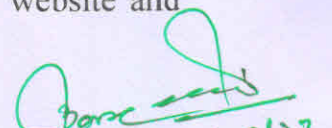
**Venue: Institute of Medical & Health Sciences Auditorium, SGRR University, Patel Nagar, Dehradun.**

Time	Event
09:00 AM - 09:05 AM	Opening words by Anchor
09:05 AM - 09:10 AM	Yoga Team Performance
09:10 AM - 10:30 AM	Commencement of Championship Age Group-5
10:30 AM - 11:30 AM	Commencement of Championship Age Group-6
11:30 AM - 12:00 PM	Artistic Yoga Single
12:00 PM - 12:30 PM	Artistic Yoga Pair
12:30 PM - 01:00 PM	Artistic Yoga Group
01:00 PM - 02:00 PM	Lunch
02:00 PM - 03:30 PM	Prize distribution
03:30 PM	National Anthem

  
Registrar 01/09/23

### Distribution:

1. All Deans/Principal to circulate the same in their respective schools
2. Director (IQAC)/Director (IIC)/Dean (Research)/Dean (Academics)/Dean (Student Welfare)/University Coordinator/Chief Administrative Officer/Controller of Examination/Dy. Controllers of Examinations/Chief Procter/Chief Librarian/All Librarians/Chief Medical Superintendent/Medical Superintendents/Chief Finance Officer/Coordinator, NSS/Senior Accounts Officer/Head, HR/ANO (Boys & Girls)/Admission Manager/Coordinator (T&P)/ / Chief Public Relation Officer/Chief Public Relation Officer /All PROs/Media-Coordinator/Assistant Registrar/Administrative Officer, Patel Nagar Campus/Sports Officers/All Section Officers
3. Head IT/IT Manager – with an instruction to up-date the University website and cease the e-mail ID.
4. Senior Accounts Officer – for necessary action.
5. Office file.

  
Registrar 01/09/23

### **Copy forwarded for kind information to:**

1. Hon'ble Chancellor
2. Hon'ble Vice- Chancellor

## Venue / Schedule of Yoga Championship

S.N.	Age Group	Venue	Time	Date	Gender
1.	7 To 12 Years	Medical Auditorium	10:20 AM - 11:00 AM	02 <sup>nd</sup> Sep, 2023	Male \ Female
2.	13 To 17 Years	Medical Auditorium	11:10 AM - 12:00 PM	02 <sup>nd</sup> Sep, 2023	Male \ Female
3.	18 To 23 Years	Medical Auditorium	12:00 PM - 01:00 PM	02 <sup>nd</sup> Sep, 2023	Female
4.	18 To 23 Years	Yoga Hall Pathribagh	12:00 PM - 01:00 PM	02 <sup>nd</sup> Sep, 2023	Male
5.	24 To 28 Years	Medical Auditorium	02:00 PM - 03:00 PM	02 <sup>nd</sup> Sep, 2023	Female
6.	24 To 28 Years	Yoga Hall Pathribagh	02:00 PM - 03:00 PM	02 <sup>nd</sup> Sep, 2023	Male
7.	29 To 35 Years	Medical Auditorium	09:10 AM - 10:30 AM	03 <sup>rd</sup> Sep, 2023	Female
8.	29 To 35 Years	Yoga Hall Pathribagh	09:10 AM - 10:30 AM	03 <sup>rd</sup> Sep, 2023	Male
9.	35 Years	Medical Auditorium	10:30 AM - 11:30 AM	03 <sup>rd</sup> Sep, 2023	Female
10.	35 Years	Yoga Hall Pathribagh	10:30 AM - 11:30 AM	03 <sup>rd</sup> Sep, 2023	Male