



'Inhale The Future, Exhale The Past' | World | Health | Yoga

AN INVITATION FOR

YOGOTSAVA

& COUNTDOWN PROGRAM TO IDY - 2025-26 DAYS TO GO

(24-26 MAY 2025)



SCAN TO REGISTER



3 DAYS EVENT INCLUDE

- STATE LEVEL YOGA CHAMPIONSHIP 2025
- YOGA SCIENCE KNOWLEDGE COMPETITION
- YOGA TECHNO QUIZ. ELOCUTION YOGA, ESSAY YOGA, DRAWING YOGA, DANCE YOGA, DEBATE YOGA, DRAMA YOGA, MUSIC YOGA
- SEMINAR & WORKSHOP, LECTURE & DISCOURSE
- AWARENESS CAMPAIGN. YOGA RUN
- IDY-CYP MASS YOGA DEMONSTRATION (2500+ PARTICIPANTS)
- BHAJAN YOGA, BHOJAN YOGA, DHYANA YOGA



ORGANISED BY :-

SITA MURLI NAV SHRISTY FOUNDATION

IN COLLABORATION WITH

Morarji Desai National Institute of Yoga (MDNIY)
Ministry of AYUSH, Govt. of India.



VENUE & HOSTING INSTITUTE :-

**Government Engineering College Sheohar
Chhatauna Bishanpur, Bihar**

(Dept. of Science, Technology & Technical Education)

Powered By

Bihar Naturopathy Yoga Service (BNYS) Association





EVENT TIMELINE

(1ST DAY (SATURDAY) 24 MAY 2025)

3:30 PM	ARRIVAL & RECEPTION GEC SHEOHAR AUDITORIUM
4:00 PM	INAUGURATION
4:05 PM	INTRODUCTION OF EVENT & BRIEFING OF SCHEDULE -by Organising Secretary Dr.U.K Ushakar
4:15 PM	Do's Don'ts for the Event with Reporting by Program Nodal Officer Dr. Raju Kumar Sharma
4:20 PM	WELCOME SPEECH BY GEC PRINCIPAL Dr. K.C. Chaudhary
4:30 PM	MESSAGES BY THE DIGNITARIES
5:00 PM	TEA BREAK & PRESS CONFERENCE
5:20 PM	YOGA AWARENESS WALK
6:20 PM	BHAJAN YOGA & CULTURAL EVENTS
8:30 PM	BHOJAN YOGA
9:30 PM	DEEP SHANTI & VISHRAM (NIDRA YOGA)



EVENT TIMELINE

(2ND DAY (SUNDAY) 25 MAY 2025)

4:10 AM	AWAKENING YOGA
5:00 AM	CYP WORKSHOP/ VOLUNTEERS DUTY ASSIGNMENT
6:00 AM	YOGA RUN
7:00 AM	SURYA NAMASKAR & DHYAN YOGA (HIGH SCHOOL)
8:00 AM	YOGIC DIET / FRUIT SALAD / NATURAL JUICE
10:00 AM	SEMINAR TECHNICAL SESSION(PPT MODE)
12:00 PM	LECTURE & DISCOURSE ON YOGA
1:00 PM	LUNCH
2:00 PM	ELOCUTION/ESSAY YOGA
3:00 PM	DEBATE/DRAWING/RANGOLI YOGA
4:10 PM	YOGA SCIENCE KNOWLEDGE COMPETITION
4:10 PM	YOGA TECHNO QUIZ



5:10 PM STATE LEVEL YOGA CHAMPIONSHIP

6:30 PM CULTURAL EVENTS

9:00 PM BHOJAN YOGA

9:30 PM DEEP SHANTI & VISHRAM YOGA

EVENT TIMELINE

(26 DAYS TO GO IDY 2025 (MONDAY) 26 MAY 2025)

4:00 AM AWAKENING & DAILY ROUTINE

5:00 AM ATTENDENCE & MUSIC YOGA

6:00 AM YOGA DEMONSTRATION

7:00 AM IDY CYP MASS DEMONSTRATION

8:05 AM MESSAGES OF GUESTS

8:30 AM CLOSING & FELICITATION

9:00 AM VOTE OF THANKS & DEPARTURE



“Important Guidelines for All Participants”

1. All participants should arrive & report to their Co-ordinator 10 minutes before scheduled time and register themselves via the prescribed Google form before 20th May, keeping safe payment proof screenshots.

2. Only registered participants will be allowed to participate in Yoga Competitions and provided Participation Certificates after 21st June 2025 via online/offline mode.

3. All participants must join Yoga Awareness Walk, Yoga Run, Surya Namaskar, Dhyana Yoga, IDY-CYP Mass Demonstration and remain present as observers in other programmes with discipline and respect.

4. No Travel Allowance will be provided ; participants must reach the venue on their own responsibility and expense.

5. Maintain silence and discipline in all activities without disturbing others and follow all instructions properly.

6. Don't shout or panic in emergency situations ; apply intelligence and seek help from committee members when needed.

7. Respect and obey all organisers, Jury and Evaluation Committee Members ; their decision in disputes will be final.

8. Feedback or complaints may be submitted to the Feedback Committee Members respectfully.

9. Valuable articles/papers/feedback messages should be mailed before 20th May 2025 for publication in the souvenir.

10. Wearing of Yoga T-shirts will be mandatory during Yoga Walk / Run / IDY-CYP Mass Demonstration & other Yoga Events.



“Important Guidelines for All Participants”

11. Each participant in PPT seminars, lectures, elocution, and essay contests must follow time limits strictly (10 min for presentations, 5 min for speeches, 1 hour for essays).

12. No mobile phones, documents, or helping gadgets will be allowed in Elocution or Essay Yoga Competitions.

13. Rules for Debate Yoga, Drawing Yoga, Yoga Science Knowledge (50 MCQs in 1 hour), Techno Quiz, and Yoga Championship will be explained on the spot ; follow instructions strictly.

14. Participants must bring their own stationery, costumes, etc., and not disturb others for such needs ; basic facilities like mats, water, accommodation, and emergency help will be provided if needed.

15. All participants should submit feedback before departure ; winners will be awarded and everyone is requested to invite more participants to ensure the event's grand success



Chief Patron

Dr. Pratima , Secretary , DSTTE , Patna

Patron

Mr. Ahmed Mahmood , Director , DSTTE Bihar , Patna

Advisory Committee

Dr. Sunil Kumar , Principal , SIT Sitamarhi , Bihar

Dr. Vijay Kumar Gupta , Principal , GEC West Champaran , Bihar

Dr. Diwakar Bhagat , Principal , GP Sheohar , Bihar

..... Principal , Women's ITI , Sheohar , Bihar

Dr. Shahiruddin , Principal , GEC West Champaran , Bihar

Dr Naveen Kumar Das , Ex DIMO , Muzaffarpur

Dr P. K. Dankar Ex Principal HMCH , Hoshiarpur Punjab

Prof. J P Singh Ex Member , Bihar College Service Commission

Organising Committee

Chairman : Dr. Keshavendra Choudhary, Principal, GEC Sheohar, Bihar

Mr. Raju Kumar Sharma, Organising Secretary

Dr. U. C. Ushakar, Program Secretary

Dr. Dinesh Sah, Member

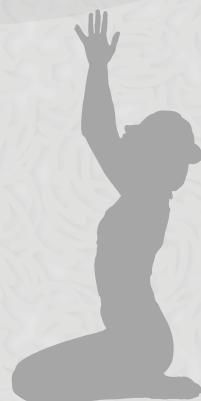
Mr. Ravi Shankar, Member

Mr. Amit Kumar, Member

Mr. Sudhir Kumar, Member

Dr. Mukesh Kumar, Member

Mr. Arun Kumar, Member





YOGOTSAVA 2025 : A Movement You Can't Miss !



3 Days | 2500+ Participants | 15+ Events

State-Level Championship – Show your talent

Mass Yoga Demo – 2500+ yogis united

Workshops & Seminars – Explore yoga's science & soul

Cultural Programs & Bhajan Yoga – Music & devotion

Competitions – Yoga Tech Quiz, Essay, and more

Natural Diet Sessions – Eat clean, live clean





**YOGOTSAVA
2025**



FEEDBACK

Share your thoughts on our event !
Send your feedback to :
eventsatgecsheohar@gmail.com

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us*



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DESIGNED BY PRATEEK