



Ramakrishna Mission Ashrama

Morabadi, Ranchi 834008



In collaboration with Bharat Swabhiman (Patanjali Yoga Peeth)
“World Yoga Day” celebration on 21st June 2024, under the “Naya Bharat Garho” Programme
Yoga-quiz competition for all students, teachers and general public of Jharkhand

Yoga - Guidelines for participants

Objective:- This competition is being organized with the aim of promoting Yoga to all the people of Jharkhand and making “Yoga Yuct Jharkhand, Roga Mukht Jharkhand”.

Quiz Competition on Yoga: MCQ based on (a) General Yoga Protocol Booklet (25 questions), (b) Yoga Sutras given by Maharishi Patanjali (10 questions), (c) Swami Vivekananda and modern practitioners of Yoga (5 questions) and (D) related to general yoga (10 questions) Time: - 20 minutes. For Group I: - Students upto 12th Class and Group II: - Others citizen of Jharkhand only

(b) Date:- Quiz competition will be conducted online through Google Form on 9th June 2024 at 9.00 am.

(c) Mock Test: - 7th June 2024 from 9.00 am to 4.00 pm.

(d) Nomination only through online: - From 15th April 2024 to 30th May 2024

For more information, enrolment and downloading reading material, please visit our website <http://www.rkmranchi.org/competition> and for any queries or queries contact our email rkm.asskoffice@gmail.com.

Mobile Number: - Shri Shivaji Singh 7903690370/ Shri O. P. Dubey 9938223862/ Mr. Pritam Banik 9931102135/ Shri Jitendra Kumar Mahto 8789868541 (May contact from 10 am to 12 pm and 2 pm to 6 pm)

Main Features:-

- Free online enrolment and e-certificate for all participants.
- Special certificates will be awarded to the top three winners at the district level.
- At the state level: The first three winners will be given a special certificate as well as cash prize by a special person on World Yoga Day (21 June 2024) (First – 5000/-, Second – 3000/-, Third– 2000/). Will be given.

Every participant can take free yoga training for 1 month at the scheduled time (morning or evening) at ashrama.

Note: - The program may change in any special circumstances.

Swami Bhaveshananda
(Swami Bhaveshananda)
Secretary