

JAY JALARAM AYURVEDIC MEDICAL COLLEGE SMT. DAMYANTIBEN PATEL AYURVED HOSPITAL



Managed By Prerna Charitable trust, Rampura.

Approved by National Commission for Indian System of Medicine.

Ministry of AYUSH, Government of India,

Affiliated to Gujarat Ayurved University, Jamnagar

At: Shivpuri Po.: Kakanpur Ta.: Godhra Dist.: Panchmahal, Gujarat - 388713

Phone No. 02672-286005, (M)9426327607, 9974575745, Website: www.jjamcollege.com Email: jjamcshivpuri@gmail.com

President
Dr. Vijay H. Patel
M.D.(Hom.)

Ref. No. JJAMC/2026/536

Date: 18/06/2026

CIRCULAR

Subject: Rescheduling of Saturday Holiday for June 2026 and Mandatory Participation in International Day of Yoga Celebration on 21st June, 2026

This is to inform all teaching, non-teaching, hospital staff, and students that the holiday re-scheduled on the 3rd Saturday of the month (20th June 2026) to 4th Saturday of the month (27th June 2026).

Further, all teaching, non-teaching, hospital staff, and students must be present for the **International Day of Yoga (IDY, 2026) Celebration scheduled on Sunday, 21st June 2026**. Participation in the Yoga Day programme is compulsory, and attendance will be recorded accordingly.

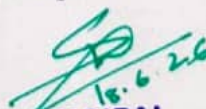
All concerned are requested to take note of the revised schedule and plan their academic and administrative activities accordingly.

Note: all staff members and student must be present on 20th & 21st June 2026 without fail.

Forwarded to:

1. All HOD's, JJAMC
2. Dy. Superintendent of Smt. Damyantiben Patel Hospital, Shivpuri
3. Notice board of Hospital and College




18.6.26
PRINCIPAL
Jay Jalaram Ayurvedic Medical College
At. Shivpuri Po. Kakanpur
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Ref. No JJAMC/2026/521-1

Date: 13/06/2026

NOTICE

This is to inform that as per the letter of Gujarat Ayurved University regarding International Yoga Day 2026 celebration by Swasthviritta Evum Yoga Department with collaboration of NSS Unit of Jay Jalaram Ayurvedic Medical College, Shivpuri, Godhra organising 7 days yoga training Program for 2nd prof. BAMS students.

Yoga training

Dates: 15/06/2026 to 19/06/2026.

Faculty Name : Dr Venugopal Rao, Professor, Swasthavritta

Attendance for all students is mandatory.

Timings- 09-45 AM to 10-45 AM

Place- Seminar Hall/ Yoga Hall

Sr. No	Date	Schedule	Timing
1.	15/06/2026	2 nd Year	09-45 AM to 10-45 AM
2.	16/06/2026	2 nd Year	09-45 AM to 10-45 AM
3.	17/06/2026	2 nd Year	09-45 AM to 10-45 AM
4.	18/06/2026	2 nd Year	09-45 AM to 10-45 AM
5.	19/06/2026	All Staff;	09-45 AM to 10-45 AM

***Note:** The lectures for 2nd Yr Professionals (Batch 2023-24 and 2024-25) will be suspended during above schedule.




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President

Dr. Vijay H. Patel

M.D.(Hom.)

Ref. No. JJAMC/2026)521-2

NOTICE

Date: 13/06/2026

This is to inform that as per the guidelines from university as a part of celebration of International Day of Yoga 2026, Swasthvirita Evum Yoga Department with collaboration of NSS Unit of Jay Jalaram Ayurvedic Medical College arrange the following competitions and events.

Competitions:

1. Yoga E- Poster Competition
2. .Yoga Song singing / Poem Competition
3. Yoga Dance Competition / Suryanamsakar
4. Yoga Quiz Competition
5. Yoga Reel Making Competition

(Note: Detailed Schedule of above events are in Annexure -1)

Venue: Seminar Hall

Date: 20/06/2026

Timing: 01:00 PM to 05:00 PM

***Note:** All students are instructed to take part in competition.

Class representative will note the participants name and give it to before 15th June, 2026.



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Ref. No. JJAMC/2026/521-3

Date: 13/06/2026

NOTICE

As per the instruction of Gujarat Ayurved University, Smt. Damyantiben Patel Ayurvedic Hospital arrange special Yoga Chikitsa OPD for various lifestyle diseases as a part of celebration of International Yoga Day 2025.

Schedule are as follows.

YOGA CHIKITSA OPD SCHEDULE

Sr. No	Date	Disease	Timing
1.	22/06/2026	Diabetes mellitus	10 AM to 11AM
2.	23/06/2026	Obesity	10 AM to 11AM
3.	24/06/2026	Hypertension	10 AM to 11AM
4.	25/06/2026	Menstrual Problems	10 AM to 11AM
5.	26/06/2026	Stress Management	10 AM to 11AM
6.	27/06/2026	Respiratory disorders	10 AM to 11AM

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Rules for Yoga Singing & Poem Recitation Competition

1. The theme of the song or poem must be related to Yoga, Health, or Wellness.
2. Each participant can perform either a song or a poem.
3. The time limit for each performance is 3–5 minutes.
4. The language may be Gujarati, Hindi, Sanskrit, or English.
5. Use of inappropriate or offensive words/content is strictly prohibited.
6. The decision of the judges will be final and binding on all participants.

Rules for Yoga Reel Competition

1. The reel must be based on the theme of Yoga, Health, Wellness, or Fitness.
2. Reel duration should be between 30 seconds and 90 seconds.
3. The reel must be original and created by the participant(s) self-generated or ai generated
4. Use of inappropriate, offensive content is strictly prohibited.
5. The reel should be submitted before the specified deadline in MP4 format.
6. The decision of the judges will be final and binding on all participants.

Rules for E-Poster Presentation Competition

1. The E-Poster must be based on the theme of Yoga, Health, Wellness, or related topics.
2. The poster should be original and created by the participant(s).
3. Posters must be submitted in PDF format before the specified deadline.
4. In pdf the name of student should be written along with batch.
5. The content should be clear, informative, and free from inappropriate material.

6. Plagiarism or use of copyrighted material without proper acknowledgment is prohibited.
7. The decision of the judges will be final and binding on all participants.

Rules for Yoga Dance / Surya Namaskar Competition

1. The performance must be based on the theme of Yoga, Surya Namaskar, Health, or Wellness.
2. Participation may be individual or in a group.
3. The time limit for each performance is 3–5 minutes.
4. Appropriate music and costumes may be used.
5. Dangerous stunts or acts that may cause injury are strictly prohibited.
6. The decision of the judges will be final and binding on all participants.

Rules for Yoga Quiz Competition

1. The quiz will be based on Yoga, Health, Wellness, and related topics.
2. Participation in a team as decided by the organizers.
3. The use of mobile phones, smart devices, or any reference material is strictly prohibited during the quiz.
4. In case of a tie, an additional round may be conducted to determine the winner.
5. The decision of the quiz judges will be final and binding on all participants.

Note:

All students are informed that **20th June 2026 (Saturday)** will be a regular working day due to International Day of Yoga (IDY) celebration.

Attendance on **20th June 2026 (Saturday)** and **21st June 2026 (Sunday)** for the IDY celebration is mandatory for all students. Attendance for both days will be compulsory and recorded.

Active participation in each event is mandatory for students of all batches.

Yoga mat and yoga T - shirt are compulsory for all students