

YOGA JIGNASA 2023 - IYD

CONGRATULATIONS TO THE WINNERS OF

ESSAY WRITING COMPETITION

1ST PRIZE	Dr. Nalina D S	1st year PG Alvas Ayurvedic medical College
2ND PRIZE	Anvith B	Karnataka Ayurveda medical college Mangalore
3RD PRIZE	Dr. Jelani Naaz	3rd year PG SVM Ayurvedic medical college, Ilkal, Bagalkot

POSTER MAKING COMPETITION

1ST PRIZE	Dr. Nalina D S	1st year PG Alvas Ayurvedic medical College
2ND PRIZE	Dr. Monika D Jain	2nd year PG SDMCA Hassan
3RD PRIZE	Dr. Jelani Naaz	3rd year PG SVM Ayurvedic medical college, Ilkal, Bagalkot

VIDEO MAKING COMPETITION

1ST PRIZE	Samairah Kumar	Class 8
2ND PRIZE	Aarna Raheja	Class 4
3RD PRIZE	Jayashree B	1st year BNYS TNYS MEDICAL COLLEGE DAVANGERE



@jignasaayush @jignasakarnataka



YOGA JIGNASA COMPETITIONS -2023

CERTIFICATE OF APPRECIATION

is proudly presented to

Dr. Jelani Naaz

Of 3rd year PG from SVM Ayurvedic medical college,Ilkal,Bagalkot for winning for winning 3rd prize in essay writing competition conducted by Jignasa on the occasion of International Day of Yoga 2023.

Dr Sonia
Head of the Dept of
Swastavritta and Yoga,
SDMIAH Bengaluru

Vaidya Sachin Singh Basera
National Convenor
JIGNASA



Trishal Rao D
Convenor
Jignasa Karnataka
Dakshina pranth

Karthik H
Organising secretary &
National media Incharge
JIGNASA