



# ERAM UNANI MEDICAL COLLEGE & HOSPITAL

(Under The Auspices of Eram Educational Society, Lucknow, Regd. No. 2051)

إرام یونانی میڈیکل کالج اینڈ ہاسپتال  
کرسی روڈ، نزد تھانہ گزمبا، لکھنؤ-226026  
कुसी रोड, निकट थाना गुडम्बा, लखनऊ - 226026

RECOGNISED BY NCISM, MINISTRY OF AYUSH, GOVT. OF INDIA, NEW DELHI  
ASSOCIATED TO MAHAYOGI GURU GORAKHNATH AYUSH UNIVERSITY, GORAKHPUR, UTTAR PRADESH

Ref.No. ....

Date .....

## Dr.Razmi Yunus Memorial Sports & Cultural Week 2024 (2.0)

Dear students,

- It is hereby informed to all of you that on the occasion of “World Unani day on 11<sup>th</sup> February 2024” Eram Unani medical college & hospital Lucknow is going to celebrate Dr. Razmi Yunus memorial sports & cultural week from February 3<sup>th</sup> to February 10<sup>th</sup> 2024.
- In this week the program which is to be held is as follows:-

S.No	Name of the events	Timing	Venue
<b>SPORTS &amp; CULTURAL EVENTS</b>			
<b>03-02-2024 (Saturday)</b>			
1	Poster competition	---	
2	Slogan competition	---	
3	Inaugural function	9:00 am - 10:00 am	
4	Naat khwani competition (Boys & girls) (For super six)	10:00 am - 12:00 pm	Seminar hall
5	Essay writing competition (Urdu)	12:00 pm - 1:00 pm	Seminar hall
6	Essay writing competition (English)	12:00 pm - 1:00 pm	Seminar hall
7	<b>Ribbon cutting of sport events</b> / Khokho (Girls) (Knockout round)	2:00 pm - 4:00 pm	Eram convent college ground
<b>04-02-2024 (Sunday) Founder's day celebration</b>			
8	100 meter race (Boys)	9:00 am - 10:00 am	Eram convent college ground
9	100 meter race (Girls)	10:00 am - 11:00 am	Eram convent college ground
10	Long Jump (Boys)	11:00 am - 11:30 am	Eram convent college ground
11	High Jump (Boys)	11:30 am - 12:00 pm	Eram convent college ground
12	Badminton (girls) (Double) (Knockout round)	12:00 pm - 1:00 pm	Badminton court (EUMC)
13	Badminton (girls) (Double) (Knockout round)	2:00 pm - 3:00 pm	Badminton court (EUMC)

14	Volleyball (Boys) (Knockout round)	3:00 pm-4 :00 pm	Eram convent college ground
<b>05-02-2024 (Monday)</b>			
15	Singing competition (Boys & girls) (For Super 10)	9:00 am : 11:00 am	Seminar hall
16	Tug of War (Girls)	11:00 am-12:00 am	Eram convent college ground
17	Tug of War (Boys)	12:00 pm-1:00 pm	Eram convent college ground
18	Cricket (Rule out) (Knockout round)	2:00 pm – 4:00 pm	Eram convent college ground
<b>06-02-2024 (Tuesday)</b>			
19	Menhdi Competition	9:00 am – 10:00 am	Seminar hall
20	Musical chair (Girls)	10:00 am - 11:00 am	Bagh-e-Eram
21	Antakshari (Boys & girls)	11:00 am – 1:00 pm	Bagh-e-Eram
22	Volleyball (Boys) (Knockout round)	2:00 pm-4:00 pm	Eram convent college ground
<b>07-02-2024 (Wednesday)</b>			
23	Cricket (Rule out) (Playoff round)	9:00 am – 11:00 am	Eram convent college ground
24	Badminton (Girls) (Playoff round)	11:00 am – 1:00 pm	Badminton court (EUMC)
25	Khokho (Girls) (Final round)	2:00 pm - 4:00 pm	Eram convent college ground
<b>08-02-2024 (Thursday)</b>			
26	Debates/Speech competition (Urdu)	9:00 am-10:00 pm	Seminar hall
27	Debates/Speech competition (English)	10:00 am- 11:00 pm	Seminar hall
28	Medical Quiz (GS + Current affairs + NCISM syllabus)	11:00 am – 1:00 pm	Seminar hall
29	Volleyball (Playoff round)	2:00 pm-4:00 pm	
<b>09-02-2024 (Friday)</b>			
30	Islamic quiz	10:00 am – 11:00 am	Seminar hall

**Note:**

- Students are instructed to register their name accordingly by **30-01-24** till **4 pm**. No entry will be entertained after time limit.
- **For sports: Dr. Tariq Siddiqui**
- **For cultural activities: Dr. Sayeedur Rahman**
- Volleyball, Cricket, Antakshari & Tug of war are team events. For this there will be only one team from each batch.
- For Volleyball & Cricket, team will be of 7 players. Only 6 players will play on field. One extra player can be substituted if necessary.
- For Antakshari, team will be of 6 players.
- For Tug of war team will be of 07 players.
- Quiz competition and badminton are also team events but there will be no limits on participants. Students can form a team by including students from any batch with mutual consent.
- The team for the quiz competition will be of 4 students.
- For essay writing & Debates competition, students can participate in either Urdu or English only.
- Slogan & poster competition registration is must as for all activities till 30 January. Students are instructed to prepare slogan and poster at their home and submit till 5<sup>th</sup> February 2024 to **Prof. Syed Mufeed Ahmad/ Dr. Zubair Ahmad Khan (Kulliyat):** For poster **Dr. Asia Parveen/ Dr. Sana Kausar:** For Slogan
- Slogan/Poster must be self-made. Internet copy will not be accepted
- Size for slogan: A3 size paper
- Size for poster: Full chart paper
- Theme for slogan and poster competition: **Unani system of medicine**
- The Fixture of events will be sent after nomination.
- **For any query contact to Dr. Zubair Ahmad Khan (Surgeon)**

Topic for debate competition (Urdu)

طب یونانی کے تئیں مسیح الملک کے افکار اور موجودہ حکماء کا کردار

Topic for debate completion (English)

**“The allopathic practice by Unani medics is "Boon or Bane" for Unani system of medicine”**

Topic for essay competition (Urdu)

موجودہ سائنسی دور کے مطابق طب یونانی کی ہم آہنگی

Topic for essay competition (English)

**“For propagation of Unani medicine in present era- Challenges and solutions”**