

7th International Day of Yoga 2021

Tezpur University

In line with the Ministry of AYUSH Tezpur University also observing 7th International Day of Yoga 2021 by organizing video streaming online and video blogging contest on the topic on “Yoga at Home and Yoga with Family” which will provide hard evidence of yoga practice and its impact on oneself Each yogic activity is a key to improving flexibility, strength, balance and attaining harmony. The visual evidence is going to produce a huge number of testimonials and strong enough to popularize yoga in all over the world.

Tezpur University celebration programs on occasion of 7th International Day of Yoga 2021

1. Hon’ble Vice Chancellor and Dean Students Welfare will address through the online Video on 21st June. At 7:30 am.
2. Followed by Yoga Protocol practice live with our Yoga Instructor, which is very essential for this IDY. And requested to all Employes and students perform at their home on 21st June 2020 at 7:30 am and share in our Tezpur university Facebook page.
3. Video Blogging Contest.

A) About the event:

To observe the 7th International Day of Yoga on 21st June 2021, this year also due to COVID-19 mass gathering would not be possible. So, through Video Blogging contest we can raise awareness and become the active participants of this event. This contest will be open to social media platforms like Facebook as an awareness event.

B) How to apply:

1st Step -- Shot a 3-minute video of Asanas and Pranayama following the theme of # Be with Yoga, Be at Home.

2nd Step --Upload a video on Instagram, Facebook and twitter or upload directly to google classroom code **jiuisw5** and make the video public.

3rd Step--like and follow Tezpur University Fitness Club Facebook page and tag the video on our Facebook page.

4th Step—For registration upload video link in google classroom code **jiuisw5** along with WhatsApp number and email id for communication.

C) Categories of the Contest:

A Group--- T.U Employs group for both Male and Female, including faculty and non-teaching staff .

B Group--- Students of Tezpur University both male and female.

C Group--- Kids of TU employs, age limit 08 to 15 yrs. (Both boys and girls)

D) Last Date of entry : 18/06/2021 (till 6 pm)

E) Prizes:

i) 1st Prize---Rs.1000/- with certificate.

ii) 2nd Prize---Rs. 800/- with certificate.

iii) 3rd Prize---Rs. 600/- with certificate.

Each group will get prize of 1st ,2nd, and 3rd separately and Certificate will be given to all the Participants. Prizes will be announce on 21 June 2021.

Sd/-

(R.R. Singh)

ADPE, T.U