



तेजपुर विश्वविद्यालय / TEZPUR UNIVERSITY

(केंद्रीय विश्वविद्यालय / A Central University)

कुलाध्यक्ष का सर्वोत्तम विश्वविद्यालय पुरस्कार, 2016 Visitor's Best University Award, 2016

तेजपुर-784028 :: असम / TEZPUR-784028 :: ASSAM

5th International Day of Yoga 2019 observed at Tezpur University

June 21, 2019

Tezpur University in collaboration with Yoga Centre and NSS (National Service Scheme) wing of the University joined the rest of the world to celebrate the 5th International Day of Yoga. The following activities were organised at the University to celebrate the day.



1. **Yoga camp for various age groups:** Yoga Centre, Tezpur University conducted a weeklong Yoga camp from June 15 to June 20 for age groups between 8 to 16 years and above 16 years. The camp was well attended by young kids from and around the campus along with faculty and staff members of the University.
2. **Online essay competition on Yoga:** An online essay competition on the topic "Health Development and Nation Building through Yoga" was also organised during the occasion. Ms. Priti Rani Basumatary, Department of English and Foreign Languages won the first prize in the essay competition.

3. **Quiz competition:** A quiz competition on Yoga was held during the period to encourage young people to follow and practice Yoga. Various Yoga related questions were asked during the competition.
4. **Yogathon and Collage Making Competition:** A Yogathon and Collage making competition was also organised on the occasion to disseminate the usefulness of practicing Yoga.
5. **Observing International Day of Yoga:** Participants and students from different age groups, Led by Yoga instructor of the University, Shri Partha Pratim Das demonstrated various yoga asanas on June 21, 2019 at the Community Hall of the University. Asanas, such as, Bhadrāsana, Vajrāsana, Vṛkṣāsana, Ardhalāsana, etc. were performed. They also exhibited different Prāṇāyāmas and Dhyāna. The Common Yoga Protocol, as suggested by the Ministry of Ayush was also performed. Prof. V.K.Jain, Vice-Chancellor of the University also actively participated in the Yoga protocol. He also briefly highlighted the importance of practicing Yoga for healthy life.
6. **Use of Social Media Platforms:** In order to promote International Day of yoga, the official Social Media(SM) platforms (Facebook and Twitter) were used. The SM platforms of the University tweeted/retweeted/shared various yoga asanas/info graphs shared by the Ministry of Ayush. In order to encourage the students, faculty/staff members and their families including children to practice Yoga, age-group-wise competitions were held. The following are the winners:

Quiz Competition		
Position	Group	Members
1st	A	Ms. Nancy Rajkumari Mr. Arunansh Srivastava Ms. Felisha Nath Ms. Abhishikta Panchajanya Ms. Henthoibi Rajkumari
2nd	D	Mr. Arush Srivastava Ms. Meeraya Manik Mr. Swapneel Das Ms. Krishti Dutta
3rd	B	Mr. Neeraj Hazarika Mr. Shyamolima Sivam Mr. Tanish Kumar Sharma Ms. Saanvi Sharma
Collage Making Competition		

Position	Group	Members
1st	A	Ms. Nancy Rajkumari Mr. Arunansh Srivastava Ms. Felisha Nath Ms. Abhishikta Panchajanya Ms. Henthoibi Rajkumari
2nd	C	Ms. Ananya Nath Mr. Tirthajit Baruah Mr. Arijit Baruah Ms. Madhurima Sivam
3rd	B	Mr. Neeraj Hazarika Mr. Shyamolima Sivam Mr. Tanish Kumar Sharma Ms. Saanvi Sharma

Yoga Competition	
1st Position	Mr. Swapneel Das
2nd Position	Ms. Meeraya Manik
3rd Position	Mr. Arijit Baruah
