



**Tezpur University Organizes**  
*A week-long programme on the occasion of*  
**'International Day of Yoga - 21 June 2019**

**Activities:**

**1. Online Essay Competition for TU students:**

**Topic:** Health Development and Nation Building through Yoga

**Word Limit:** 2000

**Last date of submission:** 15<sup>th</sup> June, 2019

**E-mail address for submission:** [rrsingh@tezu.ernet.in](mailto:rrsingh@tezu.ernet.in)

Only original writing will be considered. No copied contents can be submitted. Anti – plagiarism check will be done.

**2. Yoga Camp:**

**Junior group:** Age: 8- 16 years, Duration: June 15 – 20, 2019, Time: 9:00am to 10:30am  
Venue: Yoga Centre

**Senior group:** Age: Above 16 years, Duration: June 15- 20, 2019, Time: 7.00am to 8.00am  
Venue: Yoga Centre.

*(Quiz competition and creative idea competition will be held among participants of Yoga camp).*

**3. Yogathon for all :** Time: 5 pm, Starting point : Yoga Centre, TU.

**4. Training on Yoga Protocol:** Venue: Community Hall, Time: 9.00 a.m. onward.  
Date: 21<sup>st</sup> June, 2019.

*Selected participants will be chosen to take part in the main programme on 21<sup>st</sup> June.*

*Certificates of participation will be provided.*

***No fee for participation***

**All are cordially invited to participate and observe the International Day of  
Yoga on 21<sup>st</sup> June, 2019.**

**Contact Detail for any information:**

Mr. Rajkumar Raju Singh

Assistant Director of Physical Education

Tezpur University

E-mail: [rrsingh@tezu.ernet.in](mailto:rrsingh@tezu.ernet.in), Phone: 03712 27 3281 (o)

***(Register your name by sending e-mail to above address or drop letter to Students Activity Centre during 4.00 p.m. to 5.30 p.m. or send sms to phone no. 7896315573)***