

International Yoga Day 2017

Proforma

Name of the College/University/ Institution	Locations of the Institution	Whether all activities with audio/video/photo graphs have been uploaded and information send to NIC Director	URL of the website	IYD2017 related webpage name
Tezpur University	Napaam, Sonitpur, Assam- 784 028	Yes	www.tezu.ernet.in	www.tezu.ernet.in/iyd2017

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Action Taken Report on International Yoga Day 2017

The following activities were conducted on the occasion of 3rd International Yoga Day celebrated on 21st June, 2017 in Tezpur University

1. **Yoga camp for various age groups:** Tezpur University conducted a week long Yoga camp from June 15 to June 20 for age groups between 8 to 16 years and above 16 years. Besides Tezpur University students, this camp was attended by students from Napaam village and Kaziranga University.
2. **Online essay competition on Yoga:** An online essay competition on the topic "Yoga for healthy living" was also organised during the occasion. Ms. Minhaz Ahmed of Department of Molecular Biology and Biotechnology (MBBT) won the first prize in the essay competition.
3. **Quiz competition:** A quiz competition was held during the period where Yoga related questions were asked. Ms. Aishani Saikia won the first prize, Ritisha Mridul won the 2nd Prize and the 3rd prize was bagged by Ms. Mridula Devi.
4. **Yoga Demonstration and competition:** Participants and students from different age groups demonstrated various yoga asanas, such as, Bhadrāsana, Vajrāsana, Vṛkṣāsana, Ardhalāsana, etc. They also performed and exhibited different Prāṇāyāmas and Dhyāna.

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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:

	Sl. No	Name of the Participant	Position
Yoga Competition Senior Group	1.	Geetanjali Chetry	1st
	2.	Trishna Bora	2nd
	3.	Rohit Kumar Chaudhury	3rd

	Sl. No	Name of the Participant	Position
Yoga Competition Junior Group	1.	Ankita Devi	1st
	2.	Dimple Devi	2nd
	3.	Snehal Gogoi	3rd

The winners were awarded prizes/medals as tokens of appreciation. The other participants were also encouraged to improve Yoga skills that would not only fetch prizes/awards in future, but also enhance their physical and mental health.


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