



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

International Day of Yoga 2018 observed at Tezpur University

The following activities were conducted on the occasion of 4th International Day of Yoga celebrated on 21st June, 2018 at Tezpur University

1. **Yoga camp for various age groups:** Yoga Centre, 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. The camp was well attended by young kids, faculty and staff members of the University.



2. **Online essay competition on Yoga:** An online essay competition on the topic “Making Healthy India through Yoga” was also organised during the occasion. Ms. Bina Sharma, Department of Mass Communication and Journalism 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, 2018 at 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.

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:

	Sl. No	Name of the Participant	Position
Essay Competition	1.	Ms. Bina Sharma	1st
	2.	Mr. Ravi Agarwal	2nd
	Consolation Prize	Ms. Tarpita Saikia	

	Sl. No	Name of the Participant	Position
Collage Making Competition	1.	Ms. Gaureesa, Mr. Mridul, Ms. Ritisha, Ms. Ankita Devi, Ms. Dimple Devi	1st
	2. (two groups)	Ms. Nimisha Das, Mr. Sagar upadhayay, Ms. Farha Irfan, Ms. Farjin Sultana, Ms.	2nd

		Sushmita Devi, Ms. Aishani Saikia, Ms. Nancy Rajkumari. Ms. Kusmanda Devi	
	3.	Mr. Harshil Aditya, Mr. Loland Pegu, Mr. Bhargav, Mr. Arijit Boruah, Mr. Yoihenba Kausik Chungkham	3rd

The winners were awarded prizes/medals/certificates 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.
