

6th International Day of Yoga 2020

Tezpur University

In line with the Ministry of AYUSH Tezpur University also observing 6th International Day of Yoga 2020 by organizing video streaming online and video blogging contest on the topic on My Life My Yoga ('Jeevan Yoga') which will provide hard evidence of yoga practice and its impact on oneself. 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 the occasion of 6th International Day of Yoga 2020

1. Hon'ble Vice Chancellor and Dean Students Welfare will address through online on 21st June at 7:30 am.

2. Followed by Yoga Protocol video, which is very essential for this IDY will be uploaded as video on our website. It is requested to all Employees and students to perform Yoga at 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 6th International Day of Yoga on 21st June 2020, this year 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 2-minute video of Asanas and Pranayama following the theme of #My Life My Yoga.

2nd Step --Upload a video on Instagram, Facebook and twitter 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 jreqo4j along with WhatsApp number 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 : 20/06/2020 (till 6 pm)

E) Prizes:

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

ii) 2nd Prize---Rs. 700/- with certificate.

iii) 3rd Prize---Rs. 500/- with certificate.

Each group will get prize of 1st, 2nd, and 3rd separately and Certificate will be given to all the Participants.

Sd/-

(R.R. Singh)

ADPE, T.U

Program schedule of 6th International Yoga Day*	
Time	Activity
0615 AM to 0700 AM	Opening ceremony. This will include the welcome address by Minister (AYUSH), Remarks of Prime Minister followed by vote of thanks by Secretary (AYUSH).
0700 AM to 0745 AM	Live demonstration of Common Yoga Protocol by MDNIY
0745 AM -0800 AM	Discussions with Yoga experts and conclusion of main IDY event.

**The Prime Minister's remarks will be televised at 6:30 am on 21 June 2020 and will be telecast on DD National, DD News, DD Bharti, DD India, DD Urdu, DD Sports, DD Kisan, as well as AYUSH website and through its social media channels followed by Live demonstration of Yoga.*



6th International Day of Yoga 2020

TEZPUR UNIVERSITY

Date 21/06/2020, time 7:00 am

**This year theme: 'Yoga at Home
and Yoga with Family'.**

**Program: Speech from Hon'ble Vice
Chancellor Prof. V K Jain followed by
Video on Yoga protocol & Result
Declaration of Video Blogging Contest**



Online link www.tezu.ernet.in



6th International Day of Yoga 2020

VIDEO BLOGGING CONTEST

**On the theme of 'My life my Yoga'
perform Asanas & Pranayama for
minimum 2 min. and upload in social
media platforms**

**Last date of entry 20/06/2020
Google classroom code jreqo4j**

**PRIZE MONEY:
1000/-, 700/-
& 500/-**

Category:

1. T U

Employees

2. TU

Students

**3. kids of TU
campus age 8
-15 yrs.**



All the participants will get participation certificate