



## **Tezpur University observed 6th International Day of Yoga**

Tezpur University observed 6th International Day of Yoga 2020 by organizing activities such as video blogging contest on the topic “My Life My Yoga” (Jeevan Yoga), online quiz. Due to COVID-19 outbreak, the focus was on people performing Yoga at their respective homes with participation of the entire family. Prof. V.K Jain, Hon’ble Vice Chancellor through his video address appealed all to observe the day by practicing Yoga at home with family members.

The University uploaded Common Yoga Protocol video and Yoga Day pledge in the YouTube channel of the University as well in the website for the benefit of university members. Social Media Platforms of the University updated/tweeted Ministry of Ayush. PM’s schedule was also shared with the TU employees. The entire University community observed the day by practicing yoga at home.

The glimpses of the activities may be seen by clicking the following links:

<https://www.youtube.com/watch?v=yx2p6bHfKo0>

[https://www.youtube.com/watch?v=Qrcocw\\_DC5c](https://www.youtube.com/watch?v=Qrcocw_DC5c)

<https://www.youtube.com/watch?v=20fTR-QFNII>

<https://tinyurl.com/y7hq2bqh>

<https://tinyurl.com/yansh6ko>

## **Result of the Video Blogging Contest**

**Total No of participation 30 nos. in 3 categories.**

### **TU Students Category (Boys & Girls)**

Position	Name	Department	Roll no./class
1 <sup>st</sup>	Mr. Shanku Ghosh	Civil engineering	CIB17067
2 <sup>nd</sup>	Mr. Dhrubajyoti Das	Mechanical Engineering	MEB16054
3 <sup>rd</sup>	Mr. Priyom Palit	Mechanical Engineering	MEB17021
3 <sup>rd</sup>	Miss Shabnam Richa Sonowal	English	EGI15019
3 <sup>rd</sup>	Mr. Rakesh Vishwakarma	Computer Engineering	CSB16041

### **TU Campus kids category ( 8 to 15 yrs. For both girls and boys)**

Position	Name	age
1 <sup>st</sup>	Nancy Rajkumari	12
2 <sup>nd</sup>	Meeraya Manik	09
3 <sup>rd</sup>	Punsang Pegu	09

### **TU Faculty and Staff category:**

**Judge's choice award: Dr. Mandakini Baruah (Dept. of Cultural Studies)**

**Sd/-**

**R.R Singh**

**ADPE, T.U**