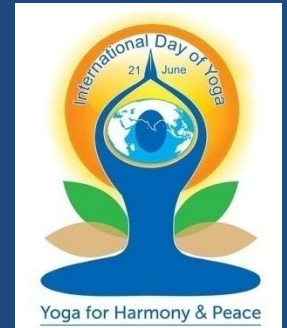


MAHARSHI DAYANAND UNIVERSITY

ROHTAK-124001, HARYANA (INDIA)
'A+' GRADE UNIVERSITY ACCREDITED BY NAAC



CELEBRATION OF INTERNATIONAL DAY OF YOGA JUNE 21, 2021



Online National Level Competitions will be held from 15th to 20th June 2021

1. Quiz contest on Yoga
2. Debate Competition on Yoga
3. Yogasana Competition
4. Surya Namaskar Competition

**Panel Discussion
by Eminent Speakers
20th June 2021**

Prizes- 1st Rs. 3100/- || 2nd Rs. 2100/- || 3rd 1100/-

Registration link for participants : <https://forms.gle/LBSd8TKdyjAXifhXA>
Registration timing upto 12th June 2021 (05:00pm)

Organizers:

**Students' Welfare Department and
Centre for Yogic Studies**



KNOW ABOUT THE UNIVERISTY

- Maharshi Dayanand University, Rohtak is a State University established under Haryana Act No. 25 of 1975 with the objective to promote inter-disciplinary higher education and research with special emphasis on studies of environmental, ecology and life sciences. The University offers 159 Programs through 12 faculties comprising 38 University Teaching Departments/Centers/ Institutes and a satellite campus at MDU-CPAS, Gurugram.

The University has been:

- Awarded Grade A+ by NAAC with CGPA of 3.44 valid upto March, 2024.
- Ranked 76th among top 100 Indian Universities and 1st among State Universities of Haryana in NIRF 2020 by MHRD, Government of India.
- Granted Green Institutional Mentor Award by MHRD in 2020.
- Ranked 1st in Swachhata Ranking in 2018
- The University is fast marching ahead with determined efforts to achieve academic excellence of reckoning. Qualified, experienced and hardworking faculty, congenial academic and administrative environment, transparent, dynamic, responsive, and responsible administrative set-up, strategic academic and research linkages at national and international level, Wi-Fi Campus, state-of the-art library services, a time-tested tradition of timely holding examinations and time bound result declaration, pulsating campus life, ample career growth opportunities for students, and harmonious relationship among all stakeholders are its essential hallmarks. It is truly growing to be a Centre of Academic Excellence, cherishing a will to deliver quality education, with decisive focus on upliftment of women and rural students, and a sense of commitment to contribute its mite to social, community, and national cause.

INTERNATIONAL DAY OF YOGA JUNE 21, 2021

- Celebrated on June 21, International Yoga Day celebrates the physical and spiritual prowess that yoga has brought to the world stage. Yoga is a trend that has been flourishing from the years; rather this has become a trendsetter in maintaining both physical and mental well-being. Each Yogic activity is a key to improving flexibility, strength, balance and attaining harmony. While it is an important source of exercise and healthy activity millions join in and practice on a daily basis. For many, these routines are a way to connect the body, mind and soul in a way that has existed for centuries. The theme of the IDY2021 is to stay motivated at home and adopt a healthy lifestyle by doing exercise and yoga.

ONLINE COMPETITIVE EVENTS

- On the occasion of International Day of Yoga 2021 Students' Welfare Department and Centre for Yogic Studies, Maharshi Dayanand University, Rohtak is organizing following National Level Competitions from 15th to 20th June 2021 through online mode. The outstanding performance participants will be acknowledged and awarded in the form of prize money mentioned below.
 1. Quiz contest on Yoga
 2. Debate Competition on Yoga
 3. Yogasana Competition
 4. Surya Namaskar Competition
- For screening the final round of competition, there will be qualifying round firstly and qualifying participant of first round will be eligible for final round. The Prize money for each events are 1st Rs. 3100/-, 2nd Rs. 2100/-, 3rd 1100/-. Only bonafide students of State/Central/Private Universities/ colleges/Institutes can participate in the competitions. Rules and regulations for all online competitions may be circulated later on and same will be displayed on the Uni. website i.e. mdu.ac.in
- Registration timing upto 12th June 2021 (05:00pm)
- Registration Fee: Nil
- For any query kindly contact Dr. Jagbir Rathee, DYW 9466161016, Mr. Naresh Ahlawat 9812402030
- Future communication will be sent on the participants email id.

Prof. Rajkumar, Prog. Convenor

DSW Office, MDU Rohtak

Dr. Jagbir Rathee, Prog. Coordinator

DSW Office, MDU Rohtak

CELEBRATION OF ONLINE INTERNATIONAL DAY OF YOGA-2021

On the occasion of International Day of Yoga 2021 Students' Welfare Department, Maharshi Dayanand University, Rohtak is planning to organize following National Level Competitions from 15th to 20th June 2021 through online mode. The winners of the events will be acknowledged and awarded in the form of prize money mentioned below.

1. Quiz contest on Yoga
2. Debate Competition on Yoga
3. Yogasana Competition
4. Surya Namaskar Competition

The qualifying round for participation in final round will be conducted, if participants are more than 50 in the above said competitive events. The Prize money for each events are 1st Rs. 3100/-, 2nd Rs. 2100/-, 3rd 1100/-. Only bonafide students of college/Institute/University can participate in this competition.

RULES OF DEBATE CONTEST

Topic

1. प्राणायाम की स्वास्थ्य में उपयोगिता (Role of Pranayam for Health)
2. एकाग्रता के लिए योग का महत्त्व (Importance of Yoga in Concentration)
3. मानव जीवन में यम-नियम की उपयोगिता (Relevance of Yam-Niyam in Human Life)
4. आसनों की शारारिक स्वास्थ्य व सुदृढ़ता में उपयोगिता (Role of Asanas for Physical Health and Fitness)
5. तनाव मुक्ति के लिए योग की उपयोगिता (Importance of Yoga for stress relief)
6. चित्त की प्रसन्नता में योग का महत्त्व (Importance of Yoga in Happiness of mind)
7. निरोग जीवन में योग का महत्त्व (Relevance of Yoga in Healthy Life Style)

General Rules

- a) The participants are required to give their Introduction at the beginning of their speech- Name, Dept/College/Institute and University.
- b) The language of the contest shall be Hindi or English only.
- c) The participants will speak on the topic mentioned above.

- d) The duration of the speech will be of 2-3 minutes. The time limit will be strictly followed. Speaker will be disqualified in case he/she exceeds the set time limit.
- e) The speaker is expected to memorize their speech and is not allowed to read any part of the speech from papers, notes, cards, mobile, etc.
- f) Use of vulgar, politically motivated and caste, creed or religion-based words are strictly prohibited.
- g) Decision of judges shall be final and binding.

Criteria for decision making:

Sr. No.	Marking Criteria	Marks
1.	Command on topic	10
2.	Voice Modulation	10
3.	Pronunciations	10
4.	Confidence Level	10
	Total	40

The marks awarded by the judges will be added for arriving at total marks of a participant. The average marks thus calculated shall be the final score for a particular participant. On the basis of scores merit list shall be prepared, 1st, 2nd and 3rd winners will be declared who have scored the highest marks in order of merit.

RULES OF QUIZ CONTEST

- a) The medium of the quiz will be English only.
- b) For screening the final round of the competition, there will be qualifying round firstly and qualifying participants of first round will be eligible for final round.
- c) Qualifying round will be conducted only through google form. Who will score 60% marks in this round will be eligible for final round.
- d) Time of qualifying round will be fixed and date, time & link will be communicated with registered participants through email id later on.
- e) Final round will be conducted live through webex/google meeting.
- f) Participants who have scored the highest marks in order of merit shall be declared 1st, 2nd and 3rd winners.
- g) Decision of judges would be final.

RULES OF YOGASANA COMPETITION

- a) The participants are required to explain briefly about the Yogasana, he/she has decided to perform.
- b) The participants may perform any three asanas out of following ten.
 - 1. Paschimottan Asana, 2. Chakrasana, 3. Halasana, 4. Dhanurasana, 5. Sarvangasana, 6. Mayurasana, 7. Usatrasana, 8. Ardhamatsendrasana, 9. Natrajasana, 10. Kurmasana.
- c) The duration time of performance will be of 3-4 minutes for all the three asanas. The time limit will be strictly followed.
- d) On the basis of elaborating and demonstration of Yogasana by the participants the merit list shall be prepared for 1st, 2nd and 3rd winners.
- e) Decision of judges would be final.

RULES OF SURYA NAMASKAR COMPETITION

General Rule

- a) The participants are required to explain briefly about the Surya Namskar.
- b) The language of the contest shall be Hindi or English only.
- c) The maximum during for demonstrating the Surya Namskar will be 2 minutes. The time limit will be strictly followed.
- d) On the basis of elaborating and demonstration of Yogasana by the participants the merit list shall be prepared for 1st, 2nd and 3rd winners.
- f) Decision of judges would be final.
