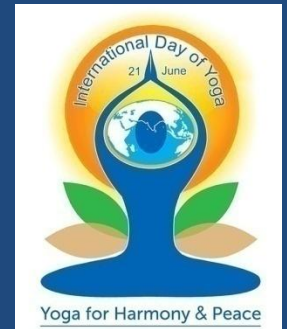


# MAHARSHI DAYANAND UNIVERSITY

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



## CELEBRATION OF INTERNATIONAL DAY OF YOGA JUNE 21, 2021



Online National Level Competitions from 15th to 21th June 2021

## POSTER MAKING COMPETITION

ON JUNE 21, 2021 AT 11:00AM



Prizes- 1<sup>st</sup> Rs. 3100/-



2<sup>nd</sup> Rs. 2100/-



3<sup>rd</sup> 1100/-

### Registration Form

<https://forms.gle/wwB3NmDp5S77FRxN8>

Time upto - June 20, 2021 at 5:00pm

Webex meeting link: Time : 11:00am, June 21

<https://mdu.webex.com/mdu/j.php?MTID=m7a568464f70bfe1e956fca885c3990af>

Organizers

Students' Welfare Department, Centre for Yogic Studies and  
National Service Scheme, Maharshi Dayanand University, Rohtak



# 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 1<sup>st</sup> 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. Speech Competition on Yoga
  3. Yogasana Competition
  4. Surya Namaskar Competition
  5. Poster Making Competition
- 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.
- 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**

# Rule and Regulations of Poster Making Competition

- ❑ The participants are required to give their Introduction at the time of presentation of poster competition, like Name/college Name/ University Name.
- ❑ Only bonafide students of college/Institute/University can participate in this competition.
- ❑ Theme of the poster making competition will be on “Yoga and Health”
- ❑ The size of poster will be half imperial size drawing paper/canvass/i.e. 22”x 15”
- ❑ The poster can be done in oil/water paste and poster colours.
- ❑ The competitors shall use their own material as per need.
- ❑ The participants must write their particular /identification on the poster.
- ❑ Only registered participants are allowed to present their posters on June 21, 2021.
- ❑ After the registration new link will be sent to all registered participants only on E-mail id to upload their poster up to 10:00 AM, June 21, 2021
- ❑ Who will upload their poster have to show/ Present their poster randomly before the judges during the webex meeting will start at 11:00 AM On June 21, 2021.
- ❑ Decision of judges shall be final and binding.