

**C. V. Raman Global University**  
**Office of the Dean, Students' Welfare**

**NOTICE**

Ref. No. CGU/DSW/193/2023

31<sup>st</sup> May, 2023

It is hereby notified that, the "International Day of Yoga-2023 (IDY-2023)" is to be celebrated on **21st June, 2023 (At 09:30 AM)** at RIHC Auditorium. All the staff and students are requested to participate in the program. On this occasion **Yoga Video Contest** and **Yoga Quiz Contest** will be held separately for staff and students.

**Important Points:**


- CGU students can participate in both **Yoga Video Contest** and **Yoga Quiz Contest**.
- CGU staff can participate in **Yoga Video Contest** only.
- Last date for the registration for Quiz and submission of Video is 15<sup>th</sup> June 2023. (2:00 PM). Quiz test will be held on 17.06.2023.
- E-certificates will be issued to all the participants.
- Trophies and certificate (hard copy) will be given to the 1st and 2nd positions for both in **Yoga Video Contest** and **Yoga Quiz Contest**.
- Winners will be awarded on the occasion of IDY (21.06.2023).
- For any queries contact Mr. Prafulla Kumar Behera, (Yoga Teacher) - 9438644633

Link to participate in Yoga Video Contest (Staff and Student):-

<https://forms.gle/vVTEvSktFGCjr9LW8>

Link to participate in Yoga Quiz Contest: <https://forms.gle/zdHAtV7xnqev7Jhw8>

(Link can be accessed only using CGU domain mail ID)

  
Yoga Teacher

  
Dean, Students' Welfare

**Encl.: Rules and regulations for Yoga Video contest**  
**Copy to:**

1. President & Vice-President for kind information.
2. VC/Director/Principal CGU/RIHC/Registrar
3. All HODs/Deans/Chief Warden, Hostels for wide circulation in the Department.
4. T & P / DSW Office /AO / Library / Dispensary / All Notice Board.
5. Security Officer / All Managers.

**Mr. Swadin K. Nayak with a request to display it in the University Website.**

## VIDEO CONTENT FOR THE STAFF

### **LIST OF PRACTICES TO BE DONE SERIALY:-**

1. Surya Namaskar 1 round (12 steps)
2. Tadasan
3. Vrikshyasan
4. Padahastasana
5. Ardha-Chakrasana
6. Trikonasana
7. Anulomvilom / Nadisodhana Pranayama

### **RULES &REGULATIONS: -**

- Total video length should be between 2-3 minutes.
- No edited video is allowed.
- Each asana should be held for 10 seconds.
- No time limit is fixed for Surya Namaskar.
- Dress code should be easy, decent and comfortable.
- Anulom Vilom / Nadisodhana pranayama to be performed 5 rounds only.
- The last date for sending your video is 15/06/2023.

## VIDEO CONTENT FOR STUDENTS

### **LIST OF PRACTICES TO BE DONE SERIALY: -**

1. Surya Namaskar 1 round (12 steps)
2. Tadasan
3. Vrikshyasan
4. Trikonasana
5. Naukasana (Boat pose)
6. Wakrasana
7. Ustrasana
8. Anulomvilom / Nadisodhana Pranayama

### **RULES &REGULATIONS:-**

- Dress code should be easy, decent and comfortable.
- Total video length should be between 2 minutes 30 seconds -3 minutes.
- No edited video is allowed.
- Each asana should be held for 15 seconds.
- No time limit is fixed for Surya Namaskar.
- Anulom Vilom / Nadisodhana pranayama to be performed 5 rounds only.
- The last date for sending your video is 15/06/202