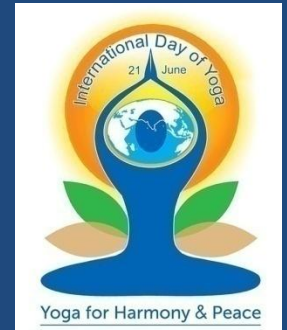


MAHARSHI DAYANAND UNIVERSITY

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



CELEBRATION OF INTERNATIONAL DAY OF YOGA JUNE 21, 2021



Presided over the prog. Prof. Rajbir Singh, Vice-Chancellor, MDU Rohtak

**Panel
Discussion
on YOGA
18th June 2021**

Eminent Panelists:

Dr. Hansaji Yogendra, Director, The Yoga Institute, Santacruz, Mumbai.
Prof. Surender Kumar, Director, Centre for Yogic Studies, MDU Rohtak
Prof. Mahavir Aggarwal, Pro Vice-Chancellor, University of Patanjali, Haridwar
Dr. Anand Kumar, IPS, Ex. Special Director, Ministry of Home Affairs.
Dr. Balbir Acharya, Retd. Professor, Dept. of Sanskrit, MDU Rohtak
Dr. Mamta, Yoga & Naturopathy, PGIMS, Rohtak

Webex meeting link:

<https://mdu.webex.com/mdu/j.php?MTID=m2850341fb62e5c7ff03c51ac556cb1f3>

Timing : 10:00am to 12:30pm

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. Speech 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

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CELEBRATION OF INTERNATIONAL DAY OF YOGA JUNE 21, 2021

Details of Competitive Events

Name of Event	Qualifying Round	Date of Competition	Venue
Speech Competition	16-06-2021 Time 01:00PM to 01:10PM	17-06-2021 Time: 10:00AM onwards	Google meet
Quiz Contest	16-06-2021 Time 01:30PM to 02:00PM	19-06-2021 Time: 01:00PM onwards	Google meet
Surya Namaskar	18-06-2021 Time: 08:00AM to 08:15AM	20-06-2021 Time: 7:00AM onwards	Webex meet
Yogasana Competition	18-06-2021 Time: 08:30AM to 08:45AM	20-06-2021 Time: 09:00AM onwards	Webex meet

Panel Discussion by
Eminent Speakers
18th June 2021

<https://mdu.webex.com/mdu/j.php?MTID=m2850341fb62e5c7ff03c51ac556cb1f3>

Timing : 10:00am to
12:30pm

Prizes- 1st Rs. 3100/-
2nd Rs. 2100/-
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CELEBRATION OF ONLINE INTERNATIONAL DAY OF YOGA-2021

RULES OF QUIZ CONTEST

- a) The medium of the quiz will be **Hindi** only.
- b) The participants need to fill-up personal details in **English only**, like - name, Fathers' name, etc.
- c) For screening the **Quiz Contest**, there will be a **qualifying round** and qualified participants will be eligible for **Quiz Contest**.
- d) **Qualifying round** will be conducted only through **Google form** on dated 16th June 2021. The link for qualifying exam will be active from **1:30pm to 02:00pm**. After 02:00pm no response will be accepted.
- e) Candidate need to submit the Google form for qualifying round within **30 minutes only**. Time limit would be followed strictly.
- f) **Quiz contest** will conduct on 19th June 2021 at 01:00pm onwards.
- g) **Quiz contest** will be conducted live through Google Meet platform.
- f) Participants who have scored the **highest marks** in order of merit shall be declared 1st, 2nd and 3rd winners.
- g) Decision of quiz master would be final.

Qualifying round Google form link:

<https://forms.gle/GAdLiy8BQLWnv2XK7>

The link for qualifying exam/round will be active from sharp 1:30 PM on 16th June 2021 and responses can be submitted till 02:00 PM dated 16th June 2021.

CELEBRATION OF ONLINE INTERNATIONAL DAY OF YOGA-2021

RULES OF SPEECH CONTEST

Topic

1. प्राणायाम की स्वास्थ्य में उपयोगिता (Relevance 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 (Relevance of Asanas for Physical Health and Fitness)
5. तनाव मुक्ति के लिए योग की उपयोगिता (Relevance 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 (Importance of Yoga in Healthy Life Style)

Rules for Qualifying Round

1. There will be an online MCQ's qualifying round before final speech competition.
2. The online MCQ qualifying round shall consist of 20 questions to be submitted between 01:00pm to 01:10pm on 16-06-2021. Once opening the link for MCQ's shall remain active only for ten minutes.
3. Top 40 participants from online MCQ qualifying round will be the participants for final speech competition.
4. Each question carries one mark and there will be no negative marking.
5. List of top 40 qualifying candidates will be shared with all the participants via email.
6. Final speech competition will be held on 17th June 2021 at 10:00am onwards. The participants are required to join at 15 minutes before the competition at 9:45am.

General Rules for Final Speech Competition

1. The participants are required to give their Introduction at the beginning of their speech- Name, Dept/College/Institute and University.
2. The language of the contest shall be in Hindi or English only.
3. The participants will speak on the topic mentioned above.
4. 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.
5. 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.

6. Use of vulgar, politically motivated and caste, creed or religion-based words are strictly prohibited.
7. 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.

Qualifying round Google form link:

<https://forms.gle/PVBpuqYwx3iiuAxR8>

The link for qualifying exam/round will be active from sharp 1:00 PM on 16th June 2021 and responses can be submitted till 01:10 PM dated 16th June 2021.