

INTERNATIONAL YOGA WEEK 2022

ORGANISED BY

SPORTS WING, CENTRAL UNIVERSITY OF JHARKHAND

EK BHARAT SHRESHTHA BHARAT

IN COLLABORATION WITH

NATIONAL SERVICE SCHEME (NSS), CENTRAL UNIVERSITY OF JHARKHAND



Chief Patron
Prof Khshiti Bhushan Das
Hon'ble Vice-Chancellor, Central University of
Jharkhand



PATRON: Dr. Manoj Kumar, Dean Students' Welfare,
CUJ



Distinguished Speaker I
20th May 2022 (Friday): Special
Lecture by Dr. Kamakhya Kumar,
Head, Department of Yoga,
Uttarakhand University.
Time: 11 am
Link: <https://meet.google.com/pwi-bxdf-mxn>



Distinguished Speaker II
23rd May 2022 (Monday): Special Lecture
on Surya Namaskar by Dr. Manoj Soni,
Associate Professor, School of Yoga,
Ranchi University, Ranchi, Time: 11 am
Link: <https://meet.google.com/axz-bqgk-iux>

LIST OF EVENTS

21st May 2022 (Saturday): Essay and Slogan writing competition

22nd May 2022 (Sunday): Poster Making Competition

25th to 27th May 2022 (Wednesday, Thursday, and Friday): Surya Namaskar Abhyas by Ms. Santoshi, Yoga Trainer at Sports Complex, Brambe. Timing:

21st June 2022(Tuesday): International Day of Yoga: Students, Teaching, and Non-Teaching Members of CUJ are requested to assemble at Brambe Campus at 8 am sharp.

Winners of all events will be announced on 21st June 2022. NSS will distribute certificates to all active participants on 21st June 2022.

Guidelines:

Essay Competition

Essays must be written within 1000 words and in Times New Roman, Font Size: 12. For Hindi, the content can be typed using Mangal or Kruti Dev, Font size:12

Slogan Competition

Handwritten Slogan(Hindi or English) in one to four lines

Poster Competition

Posters must be in A3 size only and can be handmade or glossy paper printed.

Note: Students must mention their Name, Department, and contact details.

Essays, Slogans, and Posters must be mailed to Ms. Rashmi Verma: rashmi.verma@cuja.ac.in

For more information

Contact: Ms. Rashmi Verma, Assistant Professor, Department of Mass Communication. Mobile No. 8340716986

Dr. Pragma Shukla, Assistant Professor, Department of English Studies, Mobile Number: 9479206712