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Offg. Librarian (P) Student Reading	
Prof. J.P. Sharma	31/5/23
Tanwaran for lib	

Celebration of International Day of Yoga Yoga Week: 21-27 June 2023

1 message

Wed, May 31, 2023 at 2:42 PM

GANDHI BHAWAN <gandhibhawan32@gmail.com>

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The Principal  
Colleges of University of Delhi

Dear Colleague,

Greetings from Gandhi Bhawan!

The University of Delhi, in coordination with Gandhi Bhawan, is celebrating the 9<sup>th</sup> International Day of Yoga 2023 under the aegis of Azadi Ka Amrit Mahotsav and G20, as Yoga Week from 21-27 June 2023. The following programmes will be organized as per the schedule under the Yoga Week:

1. Inaugural of Yoga Day – 21 June 2023 at 9:00 a.m.
2. National Conference on 'Yoga for Public Health and Prosperity' – 22 & 23 June 2023
3. Inter-College Competition on Yogasanas – 24 & 25 June 2023 at 2:30 p.m.
4. Inter-College Speech Competition on 'करो योग, रौ निरोम' – 26 June 2023 at 2:30 p.m.
5. Closing Ceremony of International Day of Yoga – 27 June 2023 at 2:30 p.m.

Prof. Yogesh Singh, Hon'ble Vice Chancellor, University of Delhi, will inaugurate the Yoga Day and other dignitaries of University of Delhi/ outside, will grace the occasion on 21.6.2023 at 9:00 a.m.

You are cordially invited for the above-said events along with your colleagues/ friends/ faculty members. It is also requested that you may kindly send 20-30 students of your college for the Yoga Week commencing from 21.6.2023 at 9:00 a.m. along with the list (having their Name, Gender, Mobile, Email and the Name of the Coordinator at gandhibhawan32@gmail.com).

The above-mentioned Competitions may please be circulated/ publicized among your students for better participation. Certificate of Participation will be provided to the candidate.

Registration and other details for both the Competitions can be done through Google Form stated in Annexure – A & B (as attached).

With Kind Regards,

Prof. KP Singh

Director

Encl.: as above

-

Prof. KP Singh

Practicing Librarian, Educationist, Teacher, Teacher Activist, Academic Administrator, Researcher & Author.

Director, Gandhi Bhawan, University of Delhi (2012-), 32, Chhatra Marg, DU, Delhi, Tel.: 27666243

Currently Professor at Department of Library & Information Science @ DU

Provost, PG Man's Hostel, University of Delhi (2012-)

President, Delhi Library Association (2012-)

**GANDHI BHAWAN  
UNIVERSITY OF DELHI**

**INTER-COLLEGE YOGASANAS COMPETITION  
DETAILS & GUIDELINES**

REGISTRATION on Google Form link:	-	<a href="https://forms.gle/bhWVVqqkMJ4k2ops6">https://forms.gle/bhWVVqqkMJ4k2ops6</a>
LAST DATE OF REGISTRATION	-	<u>15<sup>th</sup> June, 2023</u> <i>Imp</i>
COMPETITION DATE	-	24 <sup>th</sup> June, 2023 (Saturday) for Girls } <i>Imp</i> 25 <sup>th</sup> June, 2023 (Sunday) for Boys }
REPORTING TIME	-	<u>10:00 a.m.</u>
VENUE	-	Gandhi Bhawan, 32 Chhatra Marg (Near SOL & Vishwavidyalaya Metro Station)
DRESS CODE	-	Appropriate Yoga Costumes

**GUIDELINES**

1. The competition will be held in individual category only for girls and boys, separately.
2. Only bonafide students of the University of Delhi will be allowed to participate in the competition.
3. The participants should bring his/her identity card.
4. The students should bring the printout of the submitted registration form.
5. The students shall perform three compulsory and two optional out of the given five asanas.

The names of asanas are mentioned below:

1) Compulsory Asanas:

(1) Paschimottanasana, (2) Sarvangasana, (3) Dhanurasana

2) Optional Asanas:

(1) SuptaVajrasana, (2) Poorna Matsyendrasana, (3) Poorna Bhujangasana,  
(4) EkpadaRajkapotasana, (5) Kukkutasana.

6. The posture of asanas will be according to the book "Asana, Pranayama, Mudra Bandha" by Swami SatyanandaSaraswati, Yoga Publications Trust, Munger, Bihar, India. (Available online)
7. Following criteria will be adopted for the judgement:
  - 1) Proper Yoga Dress - 1mark
  - 2) Way of Performance to reach the Final Stage of Asanas - 2marks
  - 3) Perfect Posture of the Asana and Stay in Asana for 20-30 seconds - 5marks  
(Holding time for compulsory asana is 30 sec. & for optional asana it is 20 sec.)
  - 4) Return to the Original Posture - 2marks

**TOTAL MARKS FOR EACH YOGASANA = 10 marks**

8. The Judges panel is comprises as : (1) Chief Judge-01; (2) Judges-03; (3) Time Keeper-01.

9. In case of tie, total marks of optional asanas will be considered to break the ties.

10. The decision of the jury will be final.

11. RESULT WILL BE DECLARED ON DU WEBSITE – [WWW.DU.AC.IN](http://WWW.DU.AC.IN)

12. The winners will be given cash prize and merit certificates.

13. All the participants will get participation certificates.

14. There is no registration fees to participate in the competition.

15. The amount of cash prize is as follows:

1) Girls Category

i. First position	Rs. 3100/-
ii. Second position	Rs. 2100/-
iii. Third position	Rs. 1100/-

2) Boys Category

i. First position	Rs. 3100/-
ii. Second position	Rs. 2100/-
iii. Third position	Rs. 1100/-

**For any Query/ Clarification, please contact the following:**

1. Prof. J.P. Sharma, IGIPSS, DU	9958998646
2. Prof. Seema Kaushik Sharma, Lakshmbai College, DU	9810207998
3. Ms. Devyani, CR, Yoga-Meditation Training, Gandhi Bhawan	8383017984
4. Dr. Neelima, Gandhi Bhawan, DU	9958587784
5. Mr. Sanjeev Chauhan, Office In-charge, Gandhi Bhawan	9873785673

GANDHI BHAWAN  
UNIVERSITY OF DELHI

## INTER-COLLEGE SPEECH COMPETITION ON 'करो योग, रहो निरोग'

## DETAILS &amp; GUIDELINES

REGISTRATION on Google Form link	-	<a href="https://forms.gle/F3xCQrBtkHtw8Rww9">https://forms.gle/F3xCQrBtkHtw8Rww9</a>
LAST DATE OF REGISTRATION	-	15 JUNE 2023
COMPETITION DATE	-	26 JUNE 2023
TIME	-	2:30 P.M. ONWARDS
VENUE	-	Gandhi Bhawan, 32 Chhatra Marg (Near SOL & Vishwavidyalaya Metro Station)

**Note:**

Competition is Bilingual

Certificates will be given to all participants

Maximum number of participants from each College for both boys and girls is limited to 10 only.

Winners will get along with the Certificate of Participation:

1. First Prize	-	Rs. 3100/-
2. Second Prize	0	Rs. 2100/-
3. Third Prize	-	Rs. 1100/-

For any Query/ Clarification, please contact the following:

1. Prof. J.P. Sharma, IGIPSS, DU	9958998646
2. Prof. Seema Kaushik Sharma, Lakshmibai College, DU	9810207998
3. Ms. Devyani, CR, Yoga-Meditation Training, Gandhi Bhawan	8383017984
4. Dr. Neelima, Gandhi Bhawan, DU	9958587784
5. Mr. Sanjeev Chauhan, Office In-charge, Gandhi Bhawan	9873785673

RESULT WILL BE DECLARED OVER DU WEBSITE – [WWW.DU.AC.IN](http://WWW.DU.AC.IN)

THE DECISION OF THE JURY WILL BE FINAL