



JS PG COLLEGE SIKANDRABAD

19-06-2020

NOTICE

#MY LIFE MY YOGA

JS PG College is here announcing the **MY LIFE MY YOGA** (also called Jeevan Yoga) video contest to raise awareness about Yoga and to inspire people to prepare for and become active participants in the observation of International Day of Yoga 2020 on 21st June 2020. As we all gear up to observe the sixth International Day of Yoga (IDY) on 21st June 2020 mass gathering would not be advisable this year, due to the contagious nature of **COVID-19**. Through the video contest, we hope to raise awareness and become active participants in this contest. The contest focuses on the transformative impact of Yoga on the lives of the individuals and came up as one of the activities related to the observation of the 6th International Yoga Day. The video contest is open for participation for **students, faculty members as well as non-teaching staff of the college.**

RULES OF THE CONTEST

- 1) The participants are required to send a **3 minutes** duration video of any **3 Yogic practices** (pranayama, kriya, asana, bandha or mudra).
- 2) Send videos on WhatsApp on mobile number **9536891258**.
- 3) Regular students of the college, faculty members, and non-teaching staff of the college can participate in the contest.
- 4) Decision of the judges will be final. Any discussion, argument or controversy will not be entertained.
- 5) Last date for sending videos is 21st June 2020 till 12pm.

Programme Coordinator

(Dr. Hoshiyar Singh)

Principal

(Dr. Swapna Upreti)