

## Notice

Date: 20<sup>th</sup> June 2020

### 'Yoga Se Hi Hoga'

## Yoga Video Competition

Sports Club of CPU is organizing an online yoga video competition on the basis of Yoga on the occasion of "International Yoga Day"

All the students of Career Point University can participate in this online yoga video competition, in which student is required to

#### **Date of commencement of the activity:- 'Yoga se hi Hoga' video Competition**

Starting date of registration/video link submission: 21<sup>st</sup> June 2020

Last date of Uploaded Video link submission: 5<sup>th</sup> July 2020

#### **Only online Registration are acceptable for the activity:-**

**Google form link for Registration:-** [https://bit.ly/CPU\\_Yoga](https://bit.ly/CPU_Yoga)

#### **Student must follow the given guideline.**

- Dress code is House T-Shirt and sports lower.
- Students will get an online certificate of participation
- Students will get 1 mark for participation, 2 marks for winner and -1 mark for not participating after registration
- First slide of video should start by CPU logo and they can use CPU logo in back ground.
- Visuals/words which are erroneous and misleading, and which may provoke communal, obscurantist, anti-scientific & anti-national attitudes will make the entry liable to be disqualified.
- The person/ persons in the video should be adequately clothed.
- It is recommended that video should be made in landscape orientation.
- The participant may judiciously include within this 3 minutes duration the video of **3 Yogic practices (kriya, asana, pranayama, bandha or mudra) and a short video message/ description on how the said Yogic practices influenced his/ her life.**
- Upload a 3minutes duration video of 3Yogic practices (kriya, asana, pranayama, bandha or mudra) including a short video message/description on how the said Yogic practices influenced their life
- The video may be uploaded on Facebook, Twitter OR Instagram with the contest hashtag #YogaSeHiHogaWithCPU
- After Uploading video, students are required to sent the link to faculty of their concern department
- Students can sent the link on or before 5<sup>th</sup> July 1:00 PM

**Name of Faculty Incharge:-**

S. No.	Department/Schools	Faculty Members
1	Agriculture	Ravindra Meena
		Surbhi Suman
		Vinay Kumar Singh
		Deepak Dadhich
2	Basic and Applied Science	Abhishek Shrivastav
		Prakash Yadav
3	Physiotherapy	Pushpendra Yaduvanshi
		Kanchan Sharma
4	Pharmacy	Nitin Nama
5	Legal Studies and Governance	Abhishek Kumar Meena
		Shailesh Sharma
		Kunal Rohira
6	Computer Application	Abid Hussain
		Vinod Kumar
7	Art and Humanities	Surbhi Sigh
8	Commerce and Management	Aditi Gaur
		Pratima Rawal
9	Computer Science Engineering	Parth Vidyarthi
		Mohnish Vidyarthi
		Rohit Maheshwari
10	Electrical Engineering	Kamal Arora
11	Civil Engineering	Dinesh Kumar
12	Mechanical Engineering	Nikita Jain

**Sports Incharge**

Mr. Ravi Kr. Mahour (Assistant Professor)  
Department of Agriculture, CPU, Kota  
Mob.- 9634082181