

## YOGA UNPLUGGED

During the 100 Days Countdown to the

### *International Day of Yoga*

To be celebrated on  
**21-June-2025**

#### Details of Events

Sl.	Events	Theme	Coordinator(s)	Date & Time
1.	Quiz Competition	<b>Listen to Your Body and Move to Meditate</b>	Dr Arvind Kumar Sharma Dr Upmesh Kumar	06-May-2025, 10:00-11:00
2.	Essay Competition	<b>Yoga for Students: A Tool for Focus and Discipline</b> छात्रों के लिए योग: एकाग्रता और अनुशासन का साधन	Dr Rakesh Kumar Pandey Dr Sunil Deepak Ghodke	07-May-2025, 11:00-12:00
3.	Poster Competition	<b>Yoga: The Breath of Life</b>	Dr Sapna Sugandha Dr Umesh Patra	08-May-2025, 10:00-11:00

**Venue: Chanakya Parisar**

Who are eligible?

All students of MGCU

Last Date of Registration:

05-May-2025

Register though the Google Link:

<https://forms.gle/5XqsN99CosCRDGf3A>

Or Scan the QR Code:



The top three candidates will be awarded with prizes and certificates.



### GENERAL INSTRUCTIONS

For Quiz Competition	For Essay Writing Competition	For Poster Competition
<ul style="list-style-type: none"><li>45 minutes will be given to answer 50 questions.</li><li>Mode - Pen &amp; Paper Mode</li><li>Language: English</li><li>Time: 10 AM To 11 AM</li></ul>	<ul style="list-style-type: none"><li>Duration: 1 Hour</li><li>Mode - Pen &amp; Paper Mode</li><li>Language: English &amp; Hindi</li><li>Time:- 11 AM To 12 PM</li><li>Word Limit: Minimum 1000 words.</li><li>Any kind of Plagiarism will not be accepted.</li></ul>	<ul style="list-style-type: none"><li>Duration: 1 Hour</li><li>Time : 10 AM To 11 AM</li><li>Carry your own stationery except chart paper.</li><li>Any kind of Plagiarism will not be accepted.</li></ul>

### UNIVERSITY SPORTS BOARD

Prof. Sanjay Srivastava, Hon'ble Vice-Chancellor & Chairman, University Sports Board
Prof. Shirish Mishra, Vice- Chairman, University Sports Board
OSD (Administration), Sports Manager, University Sports Board
Dr. Sapna Sugandha, Member, University Sports Board
Dr. Rakesh Kumar Pandey, Member, University Sports Board
Dr. Aslam Khan, Member, University Sports Board
Dr. Upmesh Kumar, Member, University Sports Board
Dr. Umesh Patra, Member, University Sports Board
Dr. Arvind Kumar Sharma, Member, University Sports Board
Dr. Sunil Deepak Ghodke, Member, University Sports Board

### Student Volunteer Team

Prince Jain (9504227714)	Harshit Harsh (9771989201)
Ravi Ranjan Pandey	Manisha Kumari
Harshita Raj	Ayush Kumar
Shivani Kumari	Anshu Andola
Aditya	Shubham

21 June