



Social Responsibility Cell

ORGANIZING

मेरा योगाभ्यास: मेरा स्वास्थ्य

ABOUT

Yoga is a physical, mental and spiritual practice. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. So BTU is going to organise Yoga Competition:

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on this International Yoga Day.

GUIDELINES

- Create a small video of any yoga Asana.
- He or She starts video with these lines. "नमस्ते I am (Name of student) from University College of Engineering and Technology, Bikaner. On This International Yoga Day I am going to perform ("योगासन" name)"
- You can involve your family members in this video.
- Time duration 20 to 60 seconds. Ecertificate will be given to all participants and top 3 students will get merit certificate as their rank.
- Selected video will be tagged on BTU social media websites page.
- Only yogasan video shall be entertained.
- The video must demonstrate one yogasan.
- Write your name, branch and college name at the bottom of the video.
- Shoot the video in adequate light.
- Wear proper yoga/sports clothes.

TO REGISTER

https://docs.google.com/forms/d/e/1FAIpQLSfEjA5BQbQy5_iXwTYQct-U1cLFFew6SfUbGL2pn5rmAd2QcQ/viewform?usp=pp_url

Faculty Coordinator

SRC Team

Student Coordinator

-Krishna -Priya -Rishabh -Harsh

Such video should be submitted on email id given bellow :-

src@btu.ac.in

Last Date of submission is 17/6/2020 by 5.00 pm.

<https://twitter.com/BTUBikaner>
<https://www.facebook.com/BTUCET/>
<https://www.youtube.com/btuelearn>
www.btu.ac.in