



COTTON UNIVERSITY

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CU/DSW/2016/006/ 85-94

Date: 17/06/2020

Notice

International Yoga Day Celebration, 2020

Yoga Competition for Cottonians

It is for general information to all Cottonians that in view of the COVID-19 pandemic, this year's International Yoga Day (June 21) will be celebrated on digital media platforms and there will be no mass gatherings. As per the notification issued by the AYUSH Ministry, Govt. of India, this year's theme will be 'Yoga at Home and Yoga with Family'.

On this auspicious occasion, Cotton University is going to organise an online Yoga Competition for Cottonians. To enter into the contest, participants are required to send a three-minute video of 3 yogic practices (kriya, asana, pranayama, bandha or mudra) to the email Id competitions@cottonuniversity.ac.in on or before 22nd June, 2020. They should also mention their Names and Class Enrollment Nos. There will be three prizes as follows:

First Prize: Rs.2000/- with a Certificate

Second Prize: Rs.1500/- with a Certificate

Third Prize: Rs.1000/- with a Certificate

Appreciation certificates will be offered to all participants.

This has been issued with the virtual approval of Hon'ble Vice Chancellor.

(Dr. M. Kalita)

Director of Students' Welfare i/c
Cotton University.

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Copy to

1. PS to the Vice Chancellor to apprise the Vice Chancellor
2. PS to the Registrar to apprise the Registrar
3. Dean, S/W for kind information
4. Academic Registrar for kind information
5. HODs of Academic Departments for kind information
6. President and General Secretary, CUSU for kind information
7. CSM to upload this Notice in the CU website
8. Notice Boards
9. Office file.