



# ONLINE COMPETITIONS

On

## Asana and Yoga

[19<sup>th</sup> of June 2020] (4:00 P.M )

Organized by

### DEPARTMENT OF PHYSICAL EDUCATION AND NSS/NCC UNIT

## GOVT. DEGREE COLLEGE, BIJBEHARA

NAAC Accredited Grade "B"

**Background:** Regular physical activity can help children and adolescents improve cardiorespiratory fitness, build strong bones and muscles, control weight, reduce symptoms of anxiety and depression, and reduce the risk of developing health conditions such as: Heart disease Type 2 diabetes, High blood pressure, Osteoporosis, Obesity. Department of Physical Education, Govt. Degree College, Bijbehara offers students an opportunity to prepare for the future career by involving them in multiple activities through online pattern.



#### ACTIVITIES:

- **Online Perfect Asana Competition**
- **Online Essay Competition on "Health Benefits of Yoga":** The essay must be Original and limited to 500 words.
- **Online Quiz Competition:** Link will be provided before 5 Minutes of Scheduled time.
- **Yoga Performing Videos of 30-45 seconds:** Videos must be shared

#### GUIDELINES

1. There is no registration/ participation fee.
2. Participants have to register on a given web link. <https://getfoureyes.com/s/ae4m2/>
3. All UG students across Jammu & Kashmir UT can participate.
4. Students must submit answers of Quiz Competition within 30 minutes after link will be provided to them
5. All the Participants will get e-certificates.
6. E-Certificate will be provided to 1<sup>st</sup> three winners in each event.
7. The Results declared by the Jury will be final.
8. All your enteries must be submitted to [mohddabdullahpti@gmail.com](mailto:mohddabdullahpti@gmail.com)

**PATRON:** Prof. Nighat Fatima, Principal GDC Bijbehara  
**CONVENER:** Mr. Mohd. Abdullah (PTI), Head Dept. of Physical Education  
**CO-CONVENER:** Dr. S.M. Zuber (NCC Officer)  
**ORGANIZING SECRETARIES:** Prof. Salfi Muzaffer (NSS Officer)