

DEPARTMENT OF PHYSICAL EDUCATION

TRIPURA UNIVERSITY

(A Central University)

Department of Physical Education
Phone: 0381-237-9430/9431
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F.TU/Phy.Edu./Workshop/Seminar/Conference/44/2022

Date 20/05/2022

NOTIFICATION

Department of Physical Education, Tripura University is going to organize different activities for All Teaching , Non-Teaching staff, research Scholars and students in connection with observance and celebration of “International Day of Yoga, 2022”. The activities will be held from 3rd June to 21st June, 2022 in the Department of Physical Education. All are cordially invited to participate in the said programme.

Dr. Sanjib Kumar Bhowmik, Assistant Professor, Department of Physical Education, Tripura University will be the coordinator of all the activities.

Details of activities are given below.

Sl. No.	Activities	Date & Time
1	Online Essay Competition for Tripura University Students Topic: Yoga for Wellbeing Word limit: 2500words	Essay to be submitted by 17 th June 2022 (sanjibbhowmik@tripurauniv.ac.in)
2	Online Yogasana Competition for Tripura University Students (Men and Women Separately). List of Asanas: i. Sarvangasana, ii. Halasana, iii. Dhanurasana, iv. Paschimottanasana, v. Vakrasana, vi. Vrikshasana, Vii. Padahastanasana, viii, any three asanas of own choice (excluding above mentioned asanas)	Video to be submitted by 18 th June 2022 (sanjibbhowmik@tripurauniv.ac.in)
3	Inter-Departmental Quiz Competition on “Yoga” for Tripura University Students. <ul style="list-style-type: none">• Three Members (students) will consists one team,• Competition will organise at the Department of Physical Education, Tripura University.• Please submit you team list to Miss. N. Sneha Devi M.P.Ed IV Sem. (Mob.No.8787864615), Miss. Raveena Basumatary, M.P.Ed II Sem. (Mob. No.	Date: 16 th June 2022 Time: 10:00 am onwards

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	7896396167), & Mr. Gyamar Bhanu, M.P.Ed II Sem. (Mob. No. 8132860140) on or before 14 th June 2022. <ul style="list-style-type: none">• Detail Rules and Regulation will inform later.	
4	Debate Competition for Tripura University students and Ph.D Scholar <ul style="list-style-type: none">• Topic: Should yoga be a competitive Olympic sport?• Maximum three student can participate from each Department	20 th June 2022
6	One Week Free Yoga Camp for All (for Teaching , Non-Teaching staff, Scholars and students).	14 th – 20 th June 2022 (7:30 am to 8:30 am)
7	15 Days Common Yoga Protocol Training Course <ul style="list-style-type: none">• All the member can participate in the course• After successful completion of the course certificate will awarded to all the participants	3 rd June -17 th June, 2022 5:00 pm to 6:00 pm
8	Yoga Protocol	21 st June 2022 (7:00 am to 7:45 am)

Prasanta Kumar Das
(Prof. Prasanta Kumar Das)
Head

Copy to:

1. All Deans, TU
2. All HODs/HOD incharge/coordinator, TU
3. All faculties, TU
4. All Officers, TU
5. Research Scholars, TU
6. P.S. to the Hon'ble Vice Chancellor, TU for kind information.
7. P.S. to the Registrar, TU for kind information.
8. Notice Board
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