

Celebration of International Yoga Day – 2020 (IDY) (Yoga at home and Yoga with family)

Online Essay Competition on Yoga

1. Title of the essay competition: **“Stress management during COVID 19: Role of Yoga”**
2. Terms and conditions:
 - (i) Only regular students of CUG can participate in this competition
 - (ii) Length of the essay should be not exceed 1000 words.
 - (iii) The essay should be typed in Times New Roman font and only PDF copy to be submitted online to the mail Id: yogaclub@cug.ac.in on or before 28/06/2020.
 - (iv) The language of essay may be either of the three languages i.e. Hindi/ English/Gujarati