

Online Yoga Quiz Competition: Guidelines

Yoga, a subtle science brings harmony between mind and body. The science of healthy living doesn't require any introduction.

The United Nation's decision to observe 21st June as International Yoga Day is a recognition of this ancient Indian science which has since become global by the herculean efforts of Honourable Prime Minister of India, Shri Narendra Damodar Modi.

Yoga addresses three dimensional approach to health - Physical, mental & spiritual. Sufficient queries and interests have emerged in past few decades to explore the therapeutic potential which have found substantially valuable and effective on many fronts through scientific exploration.

Accordingly, it has been integrated as an essential component of health and physical education in many countries.

To spread the goodness of Yoga and to imbibe it as a life style, it is felt need to disseminate the information about this unique system among the masses specially the young students. On the occasion of 7th International Yoga Day 2021, Rashtriya Ayurveda Vidyapeeth is organising an online National Quiz Competition for the students of Ayurveda, Unani, Siddha and Homeopathy at college level as a part of Yoga week celebrations. The young participants would not only come across detailed knowledge on Yoga and its implications but also be encouraged to acquire the thorough understanding through healthy online competition. The online quiz will offer a flexibility to young brains to respond at their convenience, however, within the stipulated time. It is expected to create a motivational environment for the students where in the learning takes place in an involved and composite manner.

The questions would be framed on the various topics of Yoga such as Yama, Niyama, Shatkarma/Kriya, Asanas, Pranayama, Meditation, Bandha, Mudra, their understanding through contemporary science including latest updates and development in the sector of Yoga.

Eligibility :

Only undergraduate Graduate students (upto Internship) from Ayurveda, Unani, Siddha and Homeopathy System of Medicine are allowed to participate in the Quiz.

Language

Questions will be available in Hindi & English.

Awards for Yoga Online Quiz

First prize – Rs 3000

Second prize – Rs 2000

Third prize – Rs 1000

Consolation prize – Rs 500 each (4)

In case of a tie in the score the oldest will be awarded the prize.

Mode of Competition

Online by their own electronic device within stipulated period of time.

Time Schedule of Organization of Online Yoga Quiz

The quiz will be open for one hour on 16 June, 2021 starting from 11 AM to 12 Noon. Extra 5 minutes will be given for entering the basic details of the participant.

The registration opens from 10th June, 2021 and closes on 15th June, 2021 by 5 PM sharp.

For any information

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