



# KURUKSHETRA UNIVERSITY KURUKSHETRA

[Established by the State Legislature Act XII of 1956]

('A+' Grade, NAAC Accredited)

## AQAR-2020-21

### 3.6.3 & 3.6.4 : Extension and Outreach Programme(s) conducted

Extension and outreach programmes conducted by the office of **Dean Students Welfare(DSW)** including those through NSS/NCC/Red cross/YRC etc. (including Government initiated programmes such as Swachh Bharat, Aids Awareness, Gender Issue, etc. and those organised in collaboration with industry, community and NGOs) during 2020-21





NSS UTD <nssutd@kuk.ac.in>

## Gear up for International Yoga Day on 21st June, 2021

NSS UTD <nssutd@kuk.ac.in>

Sat, Jun 19, 2021 at 3:43 PM

To: nssutd@kuk@gmail.com

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Dear All,  
Every year INTERNAT  
University, Kurukshet  
All N.S.S. (UTD) w  
creating awareness

[1] Go to the  
Download  
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mention  
all on

[2]



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Dear All,

Every year INTERNATIONAL YOGA DAY is celebrated on 21.06.2021. To mark the day, N.S.S. (UTD) Kurukshetra University, Kurukshetra announces the following activities to be carried out by NSS volunteers. All N.S.S. (UTD) volunteers who shall complete all three activities as listed below will be awarded 10 hours for creating awareness about Yoga and its Health Benefits.

[1] Go to the website <https://yoga.ayush.gov.in/>

Download Common Yoga Protocol in a language of your choice and READ IT before 21st June, 2021. Choose any one Asana of your choice and note down by hand the Technique, Benefits and Cautions related to it on a paper as mentioned in the Protocol. This hand written page has to be uploaded on google form that shall be circulated to you all on 21st June, 2021 at 8:00 a.m.

[2] On 21st June, do Yoga with your family for an hour preferably before 8:00 a.m. Click a photograph which you will have to upload on google form.

[3] Participate in the online Quiz. Quiz will be available on the same google form only after you have uploaded your hand-written asana and yoga photograph.

हर साल 21 जून को अंतरराष्ट्रीय YOGA दिवस के रूप में मनाया जाता है। इस साल एनएसएस यूटीडी कुरुक्षेत्र यूनिवर्सिटी, कुरुक्षेत्र निम्नलिखित गतिविधियां करने पर एनएसएस स्वयंसेवकों को स्वयं सेवा के लिए 10 घंटे प्रदान करने का निर्णय किया है। आप सभी को यह तीन कार्य करने हैं

1. website <https://yoga.ayush.gov.in/> पर जाएं और कॉमन योगा प्रोटोकॉल डाउनलोड कीजिए। इस प्रोटोकॉल पुस्तिका को पढ़िए और अपनी पसंद के किसी एक आसन के बारे में प्रोटोकॉल में लिखी जानकारी को एक कागज पर अपनी लिखाई में उतारे और 21 जून को गूगल फॉर्म पर सबमिट करें।
2. 21 जून को 8:00 बजे से पहले अपने परिवार के साथ योगा करें और एक फोटोग्राफ क्लिक करें। यह फोटोग्राफ भी आप 21 जून को भेजे गए गूगल फॉर्म में अपलोड करेंगे।
3. इसी गूगल फॉर्म के अंतिम भाग में योगा पर आधारित क्विज (Quiz) होगा जिसमें आप भाग ले सकते हैं।

All the best!

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Programme Officers  
N.S.S. (U.T.D.), KUK

**N.S.S. (UTD), Kurukshetra University**  
CELEBRATES INTERNATIONAL YOGA DAY 21.06.2021

Join us! All N.S.S. (UTD) volunteers who shall complete both the following mentioned activities will be awarded 10 hours for spreading awareness about Yoga and its Health Benefits.

[1] Go to <https://yoga.ayush.gov.in/> Download Common Yoga Protocol in a language of your choice and READ IT before 21st June, 2021. Choose any one Asana of your choice and note down by hand the Technique, Benefits and Cautions related to it on a paper as mentioned in the Protocol. Upload this hand written page.

[2] On 21st June, do Yoga with your family for an hour. Click a photograph and upload.

[3] Participate in the Quiz

Any files that are uploaded will be shared outside of the organization they belong to.

\* Required

1. Email \*

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2. NAME \*

---

3. CLASS \*

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4. DEPARTMENT \*

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5. CLASS ROLL NO. \*

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14. Name the Prime Minister of India who proposed to adopt International Day of Yoga in 69th Session of UNGA? 1 point

Mark only one oval.

- Sh. Narendra modi
- Dr. Manmohan singh
- Sh. Atal Bihari Bajpai
- Sh. I.K. Gujral

15. There are eight stages of training for a yogi. What is the final stage (apart from 'moksha')? 1 point

Mark only one oval.

- Prathana
- Niyama
- Samadhi
- Asana

16. Who is Yogi? 1 point

Mark only one oval.

- A yoga instructor
- A yoga learner
- The highest title given to a performer of yoga
- Yoga student

17. What does  
Mark o

What does 'Namste' mean?

1 point

Mark only one oval.

- Have a good day
- Salutation to you
- Thank you
- Okay

18. How many steps are there in 'Surya Namskar'?

1 point

Mark only one oval.

- 10
- 11
- 12
- 14

19. Which of the following is not a Pancha Bhoota?

1 point

Mark only one oval.

- Air
- Water
- Sunlight
- Fire

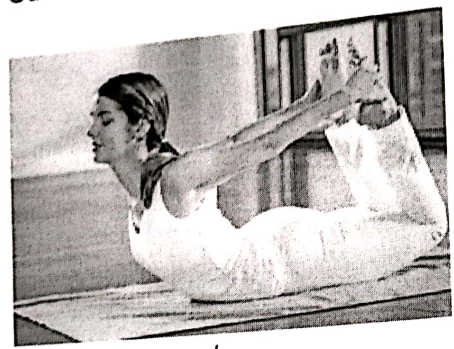


1 point

22.

Complete  
Mark on

20. Guess the Name of Asana

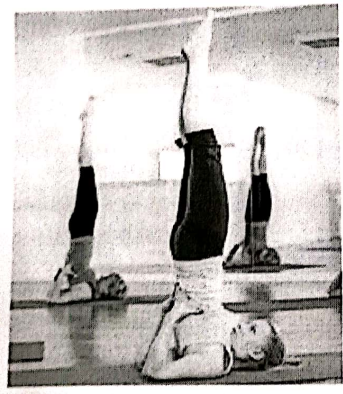


Mark only one oval.

- Dhanu Asana
- Dhanush Asana
- Ardhanu Asana
- Dhanurasana

1 point

21. Guess the Name of Asana



Mark only one oval.

- Sarvangasana
- Bhujangasana
- Chakrasana
- None of the above



1 point

Complete the sentence ' करो योग \_\_\_\_\_ '

1 point

Mark only one oval.

- रहो वियोग
- बनो बेरोग
- रहो निरोग
- रहो संयोग

1 point

23. Stress hormone is \_\_\_\_\_

Mark only one oval.

- Melatonin
- Insulin
- Cortisol
- Serotonin

1 point

24. Normal Blood Pressure is \_\_\_\_\_

Mark only one oval.

- 140/90mmHg
- 80/120mmHg
- 120/80 mmHg
- 90/140mmHg

1 point

25. Counter pose of Sarvangasana is ?

Mark only one oval.

- Savasana
- Matsyasana
- Halasana
- Setubandhasarvangasana





**Kurukshetra University, Kurukshetra**

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## CERTIFICATE OF PARTICIPATION

**This is to certify that**

Ms. Kajal of class M.Sc. Chemistry from Department of Chemistry, Kurukshetra University, Kurukshetra has participated in "International Yoga Day 2021" organized by **N.S.S. (UTD) Kurukshetra University, Kurukshetra** on June 21, 2021.

