Gujarat Technological University

Essay Competition on YOGA

21st June-2016 (International Yoga Day)

Student Name: _____ **Date:** __ / 06 / 2016

Enrollment No.: _____

Essay Title: _____

Select Any Essay Title:

1. Yoga for health
2. Yoga in education
3. Is yoga a religion?
4. Benefits of meditation
5. Yoga values in our life
6. Current need of yoga in daily life
7. Yoga and society
8. Benefits of yoga
9. Yoga misconceptions
10. Yoga for global peace

Instruction:

1. Essay should be of minimum 300 to maximum 500 words.
2. Essay should be in English/Gujarati/Hindi language.
3. The overall structure of a five paragraph essay should look something like this (Introduction Paragraph, First Body paragraph, Second Body Paragraph, Third Body Paragraph, Conclusion)

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Student Signature: _____

Examiner Name & Sign: _____