



ज्ञान-विज्ञान विमुक्तये

प्रो. (डॉ.) जसपाल एस. सन्धू

सचिव

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Secretary



सत्यमेव जयते

विश्वविद्यालय अनुदान आयोग
University Grants Commission

(मानव संसाधन विकास मंत्रालय, भारत सरकार)
(Ministry of Human Resource Development, Govt. of India)

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By Speed Post

D.O.No.F.1-1/2016(Secy)

17th March, 2016

Dear Sir/Madam,

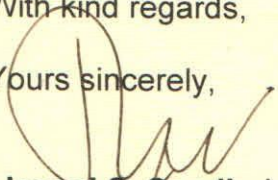
This is in continuation of my earlier letter dated 29th February, 2016 regarding celebration of International Day of Yoga on 21st June. During the review of proposed Plan of Action, the Hon'ble Prime Minister emphasised the need for making Yoga more appealing to the youth so that they can imbibe this rich cultural heritage and their youthful energy could be effectively channelized in nation-building.

You are requested to organise 2-3 days' "Yoga Fest" during April/May, 2016 where students could be sensitized about the strengths and health benefits of Yoga in promoting physical, mental and spiritual health. They may also be trained in the Common Yoga Protocol (CYP) to be performed on International Day of Yoga on 21st June, 2016, which is available at the website of the Ministry of AYUSH (www.indianmedicine.nic.in). The Instructional Booklet on Common Yoga Protocol would also be available online after 20th March, 2016. Some of the other activities suggested for this "Yoga Fest" could be musical & cultural programmes based on Yoga, sensitisation of youth about career prospects in Yoga etc. Lecturers by experts on subjects such as, "Yoga for Lifestyle modifications", "Yoga for Wellness", "Yuva Yoga", "Yoga & Detoxification", "Power of Pranayama", "Yoga for mind and body", etc. could be part of the "Yoga-Fest".

Keeping in view the importance of Yoga, may I request your personal indulgence in ensuring the above activities in your esteemed University and affiliated colleges.

With kind regards,

Yours sincerely,


(Jaspal S. Sandhu)

**The Vice-Chancellor
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