



प्रो. (डॉ.) जसपाल एस. सन्धू

सचिव

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**University Grants Commission**

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

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29<sup>th</sup> February, 2016

Dear Sir/Madam,

This is in continuation of my earlier letters of even number dated 17<sup>th</sup> April, 2015 and 14<sup>th</sup> May, 2015 regarding observance of **International Day of Yoga on 21<sup>st</sup> June** in a befitting manner. It is desired to adopt the following activities during the celebration of International Day of Yoga on 21<sup>st</sup> June, 2016:

- (i) **Yoga Practitioners may give a demonstration to the faculty and students in the morning.**
- (ii) A competition should be held amongst the students on practices of Yoga and the best participants should be duly awarded with **prizes & certificates** in the main function to be organized.
- (iii) Films on Yoga be screened and Posters be put exhibiting Yoga postures to bring awareness among the students and faculty.
- (iv) **Online Essay Competition on Yoga** be organized and the best students be awarded with prizes and certificates.
- (v) Promotional literature on Yoga and benefits of Yoga be distributed amongst the student population and faculty.

You are requested to kindly observe the International Day of Yoga on 21<sup>st</sup> June, 2016 by adopting the above mentioned activities in your esteemed University and affiliated Colleges.

With kind regards,

Yours sincerely,

(Jaspal S. Sandhu)

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