



GULBARGA UNIVERSITY
NATIONAL SERVICE SCHEME CELL

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"YOUTH FOR SCIENCE AND SCIENTIFIC ATTITUDE"

No. GUG/NSS/Yoga/2016-17/180

Date: 06.06.2016

CIRCULAR

Sub: Celebration of International Day of Yoga and "Yoga-Fest".
Ref: D.O. letter from the UGC No. F.1-1/2016 (Secy)
dated 17th March 2016.

In pursuance of the letter from the UGC, I would like to bring to your kind information that, celebration of International Day of Yoga on 21st June and organize 2-3 days "Yoga Fest" at your college, where student 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 to be performed on International Day of Yoga on 21st June, 2016. In this connection, some of the other activities suggested for this "Yoga Fest" could be musical and cultural programmes based on Yoga, sensitization 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 and Detoxification", "Power of Pranayama", Yoga for Mind and Body", etc., could be part of the "Yoga-Fest".

Therefore, I request you to kindly celebration of International Day of Yoga on 21st June and organize 2-3 days "Yoga Fest" in your college.


17/6/2016
Dr. N.G. Kannur

NSS Programme Coordinator

To

The Principals of all affiliated Colleges of Gulbarga University, Kalaburagi

Copy to:

1. PS to Vice Chancellor, Gulbarga University, Kalaburagi.
2. PA to Registrar, Gulbarga University, Kalaburagi.