



**PONDICHERRY UNIVERSITY
DIRECTORATE OF PHYSICAL EDUCATION AND SPORTS**

INTERNATIONAL DAY OF YOGA

We cordially invite all the Teaching and Non-Teaching Staff and student community for the International Day of Yoga celebration on 21st June 2015, 6.30 a.m.

Venue of Registration: Rajiv Gandhi Cricket Stadium 17.06.2015 onwards

- ❖ Demo by Yoga Practitioners from 7.30 a.m. to 8.00.a.m.
- ❖ Yoga Exhibition on Yogic Postures
- ❖ Online Essay Competition

Free Registration

Co-Organizer
Dr. K. Chandrasekaran
Assistant Director

Co-Organizer
Dr. G. Sivaraman
Assistant Director

Organizing Secretary
Dr. D. Sultana
Director i/c,
Directorate of Phy. Edn. & Sports,
Pondicherry University,
Puducherry – 14.

Note:

1. Best participants will be awarded with 'T' Shirts, prizes and certificates
2. All participants will get certificates

PROGRAMME SCHEDULE

Venue: Rajiv Gandhi Cricket Stadium, Date: 21.06.2015

7.00 a.m. Invocation and Assembling for demonstration

7.05 a.m. Inauguration by Vice-Chancellor

**7.15 a.m. Instruction and Yogasana demonstration by
(Dr. D. Sultana, Mr. K. Tiroumourougane,
Dr. R.Murugesan)**

7.30 a.m. Yoga by Participants

8.00 a.m. Certificate and Prize Distribution

8.15 a.m. National Anthem

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TITTLE FOR ESSAY : YOGA FOR HEALTH

SUBTITTLE : YOGA FOR CHILDREN AND HEALTH

: YOGA FOR WOMEN / MEN AND HEALTH

: YOGA FOR SENIOR CITIZEN AND HEALTH

Number of words for the essay competition should not exceed 500 words in English and font size is 12, Times New Roman font .

Note:

- ❖ Last date for receipt of the essay with filled in application: on or before 19.06.2015 Friday before 5.00 p.m.**
- ❖ Best 3 essays will be awarded prize on the International Day of Yoga on 21st June 2015.**
- ❖ You have to send your essay along with filled in application form to the E-mail: internationaldayofyoga15@gmail.com**



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INTERNATIONAL DAY OF YOGA ON 21ST JUNE 2015

ONLINE ESSAY COMPETITION

APPLICATION FOR TEACHING & NON-TEACHING STAFF

1. NAME :
2. DESIGNATION :
2. AGE :
3. SEX :
4. INSTITUTION. :

Note:

All the participants are requested to send the essay with the filled in application available in the given website



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INTERNATIONAL DAY OF YOGA ON 21ST JUNE 2015

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APPLICATION FOR STUDENT

1. NAME :
2. AGE :
3. SEX :
4. CLASS :
5. DEPARTMENT :
6. COLLEGE / INSTT. :

Note:

All the participants are requested to send the essay with the filled in application available in the given website