



PONDICHERRY UNIVERSITY

DIRECTORATE OF PHYSICAL EDUCATION AND SPORTS

23

Dr.D.SULTANA

Rajiv Gandhi Cricket Stadium

Director (i/c) Phy. Edn & Sports /742/476

R.V.Nagar, Puducherry-605014

PU/DIR/SPORTS/G.S/A.D/16-17/

Date: 14.06.2016

CIRCULAR

To

ALL THE STAFF & STUDENTS OF PONDICHERRY UNIVERSITY

Sir/Madam,

With reference to the letters cited on the subject above, I am to inform you that the Directorate of Physical Education & Sports has planned to celebrate the Second International Day of Yoga on 21st June 2016 for the year 16-17.

In this connection, a training program is going on from 9th to 20th June 2016 from 6.30am to 8.00am (Morning session) and from 4.00pm to 5.30pm (Evening Session) at Rajiv Gandhi Cricket Stadium, Pondicherry, where students and staff of Pondicherry University 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 in International Day of Yoga on 21st June 2016 at 6.00am at Beach road (near Gandhi statue), Puducherry on behalf of Pondicherry University. Certificate/Yoga kit may be provided to all the Trainers.

Further, it is planned to **organize a semi seminar for creating awareness on the important of Yoga on the title “Yoga for Wellness”&“Yoga for mind & body” by the experts on 17th (Friday) June 2016 from 9.30am to 1.00pm in J.N. Auditorium, Pondicherry University.**

All are invited to participate in the above Yoga program without fail and get the tips for promoting your Physical, Mental and Spiritual health.

Thanking you

Yours faithfully,


(D.SULTANA) 14/6/16

Director of Physical Education (i/c)

Copy to:

1. The AR to Vice-Chancellor, PU
2. The AR to Registrar, PU,
3. The System Manager, PU -With a request to host this circular in PU/WEB.
4. The Executive Engineer, PU – with a request to provide J.N. Auditorium.

YOU ARE INVITED

TO

**GUEST LECTURER ON
"YOGA FOR MIND & BODY"**

BY

Dr.K.PERUMAL

SENIOR PROFESSOR

DIRECTOR-ACADEMY-VISION FOR WISDOM

ALIYAR, POLLACHI

&

"YOGA FOR WELLNESS"

BY

Dr.S.VELKUMARY, MD,M.Sc(Yoga)

ASSOCIATE PROFESSOR

DEPARTMENT OF PHYSIOLOGY-JIMPER

DATE: 17TH (FRIDAY), JUNE, 2016 AT 9.45AM-1PM

VENUE: J.N.AUDITORIUM, PONDICHERRY UNIV

