



# PONDICHERRY UNIVERSITY

(A Central University)

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

**3<sup>rd</sup> INTERNATIONAL DAY OF YOGA - 2017**

*Common Yoga Demonstration*

by

*All Faculty, Students and Staff of Pondicherry University are invited to participate in the event.*

**Date:** 21.06.2017

**Venue:** In front of Administrative Building.

**Time:** 06.30 a.m.

**Prof. D. Sultana**  
Programme Co-ordinator,  
Head, Dept. of Physical Education & Sports,  
Pondicherry University.

The Systems Manager, Computer Centre, PU. – *With a request to kindly host the same in the University Website.*



# **PONDICHERY UNIVERSITY**

(A Central University)

**DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS**

## **3<sup>rd</sup> INTERNATIONAL DAY OF YOGA - 2017**

### **QUIZ COMPETITION**

**Date:** 21.06.2017

**Time:** 11.00 am to 11.45 am

**Venue:** Lecture Hall Complex (School of Management)

**Participants:** All Students and Staff from Pondicherry University

The Systems Manager, Computer Centre, PU. – *With a request to kindly host  
the same in the University  
Website.*



# PONDICHERY UNIVERSITY

(A Central University)

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

**3<sup>rd</sup> INTERNATIONAL DAY OF YOGA - 2017**

*Lecture and Yoga Demonstration for Healthy Lifestyle*

**Date:** 21.06.2017

**Time:** 03:00 p.m.

## Programme

- |                        |   |  |
|------------------------|---|--|
| 3.00 p.m.              | : | Prayer   |
| 03.05 p.m.             | : | <b>Welcome Address by:</b><br>Dr. P.K. Subramanian,<br>Professor,<br>Dept. of Physical Education &<br>Sports.  |
| 3.05 p.m. to 3:35 p.m. | : | <b>Technical Session I (Lecture)</b><br><b>Mr. S.Murugaian,</b><br>Coordinator,<br>Valga Valamudan<br>Lawspet,<br>Puducherry.  |
| 3:35 p.m. to 4.00 pm   | : | <b>Technical Session II (Practical)</b> <ul style="list-style-type: none"><li>➤ Breathing Exercise</li><li>➤ Eye Exercise</li><li>➤ Neuromuscular Exercise</li><li>➤ Prayanayama</li></ul> |
| 4.00 p.m.              | : | Prize distribution and<br>Closing Prayer   |

\*\*\*\*\*