Dear Sir/Madam,

This is in continuation of my earlier letters of even number dated 17th April, 2015 and 14th May, 2015 regarding observance of International Day of Yoga on 21st June in a befitting manner. It is desired to adopt the following activities during the celebration of International Day of Yoga on 21st 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 21st June, 2016 by adopting the above mentioned activities in your esteemed University and affiliated Colleges.

With kind regards,

Yours sincerely,

(Jaspal S. Sandhu)

The Vice-Chancellor of all Universities.

Copy to:

The Publication Officer, UGC, New Delhi for uploading on UGC website.

(Jaspal S. Sandhu)