

Office Note

Subject: - Status Report of International Day of yoga 2019

Please refer to .F.No.72-3/2019 (CU). Dated 11.06.2019 regarding Celebration of 5th International day of Yoga 2019 on 21st June in this regard all the information is as below:

1. No full fledged Yoga Department in the Central University of Punjab, Bathinda. All the Yoga activities run by Sports Department.

2. On 19.6.2019 University organized Seminar/debate on Yoga. Sh. Vijender Sharma, Mrs. Veena Garg Yoga Guru along with two Yoga instructor were invited for delivering lectures, demonstrate and benefits of *Yoga Asanas*. Debate on Yoga were also organized.

3. Detail of events organized during the Yoga Week is as followed:

Sr.no.	Event	Date	Time	Venue
1.	Opening Ceremony & Lectures	13.06.2019	11:00 Am	Seminar hall
2.	Yoga session Morning	14 to 21.06.	6 to 7 Am	Park / Room No. AC 040
3.	Yoga session Evening	21.06.19	5 to 6 Pm	
4.	Special yoga demonstration & Yogathons	16.06.2019	5:00 Pm	Room No. AC 040
5.	Seminar and Paper presentation on Yoga	18.06.2019	11:00 Am	Seminar Hall
6.	Debates and workshop on yoga	19.06.2019	12:00 Pm	Seminar Hall
7.	Poster presentation Competition	20.06.2019	12:00 Pm	Seminar Hall
8.	Yoga Competition	21.06.2019	8:30 Am	Academic Block just entrance of gate no. 2
9.	Closing Ceremony and Yoga session	21.05.2019	9:00 Am	Near seminar hall

4. Detail of the activities for International Day of Yoga on 21st June is as below:

As per UGC guidelines yoga activities were conducted on 21st June 2019 in the Academic Block near Seminar hall in the University Campus under the guidance of Hon'ble Vice Chancellor Professor R. K. Kohli and Sports Officer Mr.Gagandeep. Yoga Guru Sh.Vijender Sharma from Patanjali Vidyapeeth took yoga classes and delivered lecture for benefits of yoga. Over 105 Participants including Faculty/staff and students were present. The Yoga competition was also conducted and winners were awarded with the prizes (Yoga Mats). At the end of the event refreshment was given to all the participants.

The photographs of the events organized are attached.

Submitted please,

If approved, the same be uploaded/sent to MHRD, New Delhi.

Sports Officer

