



C. U. SHAH UNIVERSITY

(Established under Gujarat Private Universities (Amendment) Act 18 of 2013)

Sponsored By : WARDHMAN BHARTI TRUST A Centre of Excellence for Multi Disciplinary Research, Innovation and Culture.

No: CU/Reg/05/Cir/150/2016

Date: 13/04/2016

Circular

This is in continuation of university earlier letter No: CU/Reg/05/Cir/108/2016 dated 11th March, 2016 regarding celebration of International Day of Yoga on 21st June. During the review of proposed Plan of Action, the Hon'ble Prime Minister emphasised the need for making Yoga more appealing to the youth so that they can imbibe this rich culture heritage and their youthful energy could be effectively channelized in nation-building.

You are requested to organise 2-3 days' "Yoga Fest" during April/May, 2016 where students 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 on International Day of Yoga on 21st June, 2016, which is available at the website of the Ministry of AYUSH (www.indianmedicine.nic.in). The Instructional Booklet on Common Yoga Protocol is also available online. Some of the other activities suggested for this "Yoga Fest" could be musical & cultural programmes based on Yoga, sensitisation of youth about career prospects in Yoga etc. Expert talks on subject such as, "Yoga for Lifestyle modifications", "Yoga for Wellness", "Yuva Yoga", "Yoga & Detoxification", "Power of Pranayama", "Yoga for mind and body", etc. could be part of the "Yoga-Fest".

Keeping in view the importance of Yoga, may I request your personal indulgence in ensuring the above activities in your esteemed colleges.

With kind regards,

(Ved Vyas Dwivedi)
Registrar (I/C)

