

Dear Students,

You may be aware that the United National General Assembly on the proposal of Hon'ble Prime Minister of India has decided to observe 21st June as "International Day of Yoga" every year. Accordingly, the Government of India has decided to give practical effect to observe the International Day of Yoga on 21st June, 2015 and ensure that the first International Day of Yoga is commemorated in a befitting manner. It has, further been decided by the Government of India that foreign students studying in India, may also be encouraged to participate in the Mass Yoga Demonstration and actually perform Yoga on the occasion. You, in consultation with your University have been identified by University grants Commission, as one of the participants to participate in the Mass Yoga Demonstration to be organised at Rajpath, New Delhi on the first International Day of Yoga on 21st June, 2015.

It may be mentioned that there will be separate area for foreign students for performing the mass Yoga. The sequence of exercises called Common Yoga Protocol, instructional DVD/booklet have been placed on the Youtube and International Day of Yoga portal <http://www.nhp.gov.in/international-day-yoga-2015> uploaded on National Health portal of Ministry of Ayush, Government of India. Once your acceptance is received, T-shirts will be sent to you.

You may to practise Yoga as per instructional DVD on Common Yoga Protocol. You may also feel free to participate in a training programme at Morarji Desai National Institute of Yoga, Opp. Gurudwara Bengla Sahib, Ashoka Road, New Delhi and rehearsals to be held on 18th and 19th June, 2015 at Rajpath, New Delhi commencing 06.00 AM

It shall be highly appreciated, if you confirm your willingness to participate, availability in New Delhi on 21st June, 2015 and actually performing Yoga during the Mass Yoga Demonstration, by 03.00 PM on 05th June, 2015 at e-mail : ugcyoga2015@gmail.com

Regards,

Dr. Kulbir Singh

Joint Secretary, UGC
011-23386128