



DEPARTMENT OF YOGA EDUCATION
DOCTOR HARISINGH GOUR UNIVERSITY, SAGAR-470003 (M.P.)
(A Central University)



INVITATION &

Action plan for observance of International Day of Yoga on 21st June 2019 (Before 50 Days)

Under the directions & guidance of Govt. of India, Ministry of AYUSH & Ministry of Human Resource Development, Department of Higher Education, Central University Division, New Delhi, the IDY-2018 will be celebrated. Various activities will be organized related to IDY-2019

Objectives

- To draw attention of people worldwide towards the holistic benefits of yoga.
- To reduce the rate of health challenging diseases all over the world.
- To enhance growth, development and spread peace all through the world.
- To help people in their bad situations themselves by getting relief from stress through yoga.
- To strengthen the global coordination among people through yoga.
- To make people aware of physical and mental diseases and its solutions through practicing yoga.
- To protect unhealthy practices and promote and respect the good practices to make health better.
- To get win over all the health challenges through regular yoga practice.
- To promote better mental and physical health of people through yoga practice

Sr. No.	Action Plan/ Tentative Program	Date	Time	Place
1.	Yoga Camp on General Yoga & Health Awareness for university students/ teachers/ officers/employees	21April-10 May 2019	06AM-08 AM	1. Dept. of Yoga Education. Language Block 2. Girls Hostel-I 4. Boys Hostel-Vivekananda 6. Boys Hostel-SC/ST 7. Khel Parisar. 8.Daddu Dham Parisar , Ghati Road 9.JN Police Accademy 10. ITI Parisar 11.Sanjeevini Bal Ashram 12.Anand Ashram 13.Joger's Park 14.Mother Terisa School Parisar 15.Kalyani Mahila Chatravas 16.Batalian Ground 17.Kabir Balak Chatravas 18.Kids Public School 19.OBC Boys Hostle 20.Rearch Hostle UTD Sagar
2.	National Workshop	01-21 June 2019 (Three Weeks)	06AM-08 PM	Dept. of Yoga Education.
3.	Screening of short Films on Yoga Essay/Quiz/Debate/ Essay Writing/ Poster/Paper Presentation /Distribution of promotional literature on Yoga & Allied subjects	17-18 June 2019	02PM-05 PM	Dept. of Yoga Education.
4.	National Seminar	20-21 June 2019	As per Broacher	Swarn Jayanti Hall
5.	Cultural Programmes	20th June 2019	05-07 PM	Swarn Jayanti Hall
6.	Observance of Yoga Day/Yoga Marathon / Guest of Honor / Prize Distribution.	21st June 2019	06-09 AM	Gour Samadhi Parisar

Note:

1. Participants are requested to be in Proper Dress for the Workshop (White T.Shirt and Blue Lower
2. Discipline and time table in the class should be followed properly.