

INVITATION

To the Chairperson/Directors of all the Teaching and Non Teaching Departments of Panjab University, Chandigarh.

This gives immense pleasure to inform you that since 2015 Panjab University celebrates the International Day of Yoga on 21st June every year, to promote general health among the people of the university and the city beautiful Chandigarh. For the year 2017 **Directorate of Sports, Panjab University is celebrating Yoga Festival to celebrate the 3rd International Day of Yoga. Various Activities are being organized for the purpose they are as follows**

1. One month free yoga camp. (started from 21 May, 2017 to 21 June, 2017)
2. Yoga awareness walk on 17.06.2017 at 06:15 p.m. starting from Directorate of Sports via Administrative block to market and back.
3. Yoga awareness rally on 19.06.2017 at 6:30 a.m. starting from Directorate of Sports via Ankur School – Girls Hostels – Bank Road – Administrative Block – Departments/ Grounds road to Directorate of Sports (the rally will be followed by Yoga Protocol at Gymnasium Hall from 05:30 a.m. to 06:30 a.m.)
4. Yoga competitions for various age groups on 20.06.2017 at 10:00 a.m. onwards at Gymnasium Hall, Panjab University, Chandigarh.
5. Celebration of 3rd International Day of Yoga by performing the common yoga protocol from 06:00 a.m. to 08:00 a.m. at Panjab University Gymnasium Hall.

I shall be highly obliged if you kindly accept our invitation by sparing some of your precious time from your busy schedule on the above said activities . Your presence will be an inspiration to the participants. Officials and other invited guests.

With regards,

Yours sincerely,

(Dr. Parminder Singh Ahluwalia)
Director Phy. Edu. & Sports