

सावित्रीबाई फुले पुणे विद्यापीठ

(पूर्वीचे पुणे विद्यापीठ)



क्रीडा व शारीरिक शिक्षण मंडळ

आयुका जवळ, गणेशखिंड, पुणे- ४११००७

दुरध्वनी क्र.: ०२०-२५६२२६६४, ०२०-२५६२२६६६

ई-मेल आयडी : directorsports@unipune.ac.in

संदर्भ क्र.: विक्रीमं/३/३४१४

दिनांक : २७ मार्च, २०२१

प्रति,

मा. प्राचार्य / मा. संचालक / मा. विभागप्रमुख,
सावित्रीबाई फुले पुणे विद्यापीठ संलग्न असलेली
सर्व महाविद्यालये व मान्यताप्राप्त संस्था,
सावित्रीबाई फुले पुणे विद्यापीठातील सर्व पदव्युत्तर विभाग

विषय : ‘Yoga for Unity & Well Being’ उपक्रमाबाबत...

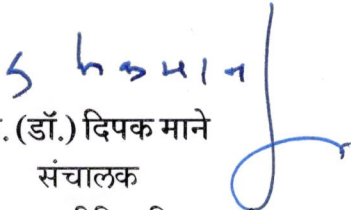
महोदय / महोदया,

आयुष मंत्रालय, भारत सरकार, युनायटेड नेशन्स इनफोरमेशन सेंटर आणि भारतीय विश्वविद्यालय संघ यांच्या संयुक्तपणे दिनांक १४ मार्च, २०२१ पासून ‘Yoga for Unity & Well Being – 100 Days of Yoga towards International Day of Yoga 2021’ हा उपक्रम सुरु करण्यात येणार आहे. सदर उपक्रम हा शिक्षक, शिक्षकेतर सेवक, विद्यार्थी यांच्या साठी निःशुल्क आहे.

सौबत हार्टफुलनेस इन्स्टिट्यूट, पुणे यांच्या ई-मेलची प्रत आपल्या अवलोकनार्थ व पुढील कार्यवाहीसाठी पाठवीत आहे. याद्वारे आपणांस विनंती की, वरील उपक्रमाबाबत आपण आपल्या महाविद्यालयातील / मान्यताप्राप्त संस्थेतील / विद्यापीठातील पदव्युत्तर विभागातील सर्व घटकांना ज्ञात करावे व सदर उपक्रमात सहभाग घेण्यास प्रोत्साहित करावे, ही विनंती.

कळावे,

आपला विश्वासू,


प्रा. (डॉ.) दिपक माने
संचालक

क्रीडा व शारीरिक शिक्षण मंडळ

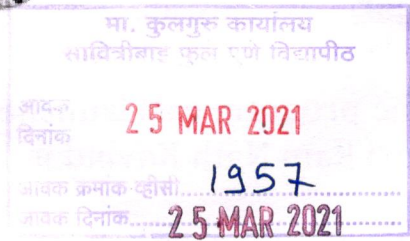
Subject **YOGA FOR UNITY & WELL BEING – 100 Days of Yoga Towards International Day of Yoga 2021**

From Pooja Sinha
<pooja.sinha@volunteer.heartfulness.org>

To <puvv@unipune.ac.in>

Cc <deepakmane777@yahoo.co.in>, Chetna Raniwala <craniwala@gmail.com>, Raghu Vidap <vanushar@gmail.com>

Date 2021-03-23 22:38



- IDY Flyer_Yoga4Unity_Program.pdf (~751 KB)
- IDY Brochure_Yoga4Unity_brochure.pdf (~4.3 MB)
- IDY2021_Bulk Registration for Universtities.xlsx (~42 KB)
- University Partnership invitation letter.docx (~546 KB)

23rd March 2021

Hon. Dr. Prof. Nitin Karmalkar,
Vice Chancellor,
Savitribai Phule Pune University,
Pune

Respected Dr. Karmalkar ji,

Warm Greetings !

We are pleased to unveil- "**Yoga for Unity & Well-Being**"- a 100 day virtual program presenting the coming together of many yoga schools to offer authentic traditions of Yoga to the world with qualified experts. The program shall include daily Yoga practical sessions, twice a week knowledge sessions and Sunday meditation with acknowledged experts, being offered for global well-being and unity to one and all.

This program is being organized under the auspices of Ministry of AYUSH, Govt of India and in collaboration with United Nations Information Center and the Association of Indian Universities, with the guidance of Pujya Swamiji Yogrishi Ramdev Baba, President Patanjali Yogpeeth, Dr. H. R. Nagendra (Guruji), Founder Vice Chancellor- Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA) and Kamlesh Patel (Daaji), Global Guide Heartfulness.

Dir (Sport & Phy. Ed)

Noted
25/3/21

This 100-day program started on **14 March 2021** and will culminate on 21st of June 2021 - the International Day of Yoga. All activities are being offered free of charge worldwide in several languages.

The program was launched on 14th March 2021 by Hon'ble President of India- Shri Ram Nath Kovind ji- <https://www.youtube.com/watch?v=XU9GdeR060c>

Faculty, Staff and students can register on the following link:

<https://heartfulness.org/en/yoga4unity/>

Bulk Registration can be done by filling the attached excel sheet

<IYD2021_Bulk Registration for University>. Registrations close on March 28,2021.

Universities are also eligible to partner with us for the event by filling the attached word document <University Partnership invitation letter>

By participating in this program the participants will:

- Learn the fundamentals of yogic philosophy at the root of this incredible heritage
- Learn at their own pace, from the most learned yoga teachers available today
- Be able to practice and maybe become yoga professionals
- Learn the Common Yoga Protocol, the official program of the Ministry of AYUSH
- Enroll in the different schools that would offer their teachings
- Contribute immensely to their own Unity and Well being, and further spread it to their families, workplace and communities.

All registered participants will receive a **e- certificate** at the end of the program

It would be wonderful if you could share details of this event with all faculty, students, alumni and stakeholders connected with your esteemed institution, so one and all, may reap the benefit.

We look forward to your participation in creating a bright and healthy future for the youth of our country.

With Regards,

Pooja Sinha
Heartful Campus Team
Heartfulness Institute, Pune
M: 9822684677