



**M.A. IN HUMAN CONCIIOUSNESS AND YOGIC SCIENCE
DEPARTMENT OF SANSKRIT
UTKAL UNIVERSITY, VANI VIHAR, BHUBANESWAR, ODISHA, 751004**

Date-08.04.2022

NOTICE

Subject- 100 days- Yoga for Unity and Well Being 2022

The Association of Indian Universities (AIU) has partnered again with the eminent Yoga organizations and experts for **100 days- Yoga for Unity and Well Being 2022** event being organised globally from **20th March to 22nd June 2022**. The event is also promoted by the Ministry of Ayush. Government of India. The event is aimed to connect Mind, Body and Soul through Yoga practices and bring in happiness and wellbeing among participants.

You shall be happy to note that last year in 2021 also. AIU had partnered with the Yoga for Unity and Well-Being event that had touched over 21.7 million participants in 159 countries and 12 languages (involving over 78 Yoga Faculty and 1375 institutions) and there was an overwhelming and active participation from the member Universities.

The event is organised at global level and the participants shall be able to enroll **for free on the link <http://www.yoga4unity.com>** in one or more of the five courses viz.

1. Master Classes
2. Yoga For Beginners
3. Yoga For Seniors
4. Yoga For Yoga Teachers
5. Yoga For Kids

Absolutely free.

The session in the courses shall be conducted by renowned personalities like Swami Ramdev, Patanjali, Shri Kamlesh D.Patel (Daaji), Heartfulness, Dr Chinmay Pandya, Saraswati Vasudevasn. Subodh Tiwari & Dr Vijay Kumar etc.

***N.B. The last date of registration is 15th April, 2022.** The participants, who register till 15th April, 2022 shall receive a Certificate of Participation after 21st June. 2022.

I request you to register for the above courses as soon possible and encourage participation from students, faculty and staff to get maximum benefit from the event.

Thanking You.

(Prof. Subash Chandra Dash)
Date 08.04.2022