



## **NOTICE**

Ref.: GLB/RO/2020/048

Date: 18.06.2020

### **All faculty, Staff Members & Students**

As we know that the **International Day of Yoga (IDY) 2020** is scheduled on **21<sup>st</sup> June 2020**. The objective of observing the IDY is to aware people about the benefits of Yoga and to build enduring public interest by highlighting its importance and contributions to public health.

So it has been decided to associate in campaigning the cause of Yoga to serve as a tool in the betterment of health and well-being of the community, especially improving immunity, physical & mental health to prevent from diseases like COVID-19.



Hence, all **faculty, staff members and students** are requested to join their hands in the campaigning of IDY **by practicing YOGA@HOME on 21.06.2020 at 7:00 AM to 7:45 AM**. Also, requested to ask your family remembers, relatives and friends to practice YOGA@HOME on this IDY.

**And also to share Photos & Videos of YOGA@HOME event at the link given below by 22.06.2020 with your experiences. We will share these photographs/Videos at our Institute website as well as Social Handles to motivate other peoples.**

Link: <https://forms.gle/voQ3GmWDsyhwZrxu5>

**VIPIN DHIMAN**  
Registrar

Copy to, through email –

- Director
- **Dean / HoDs:** To share among your respective students.
- **Web Master:** To upload at Institute website.
- All Notice Boards