

International Yoga Day Celebration on 21st June, 2018 at Dr. Rajendra Prasad Central Agricultural University, Pusa, Samastipur-848125 (Bihar)

NOTICE

International Yoga Day will be celebrated on 21st June, 2018 as per programme mentioned in **Programme of events (Minute to Minute)** at the portico of Administrative building. Besides this, a seminar on yoga will also be organized in the Vidyapati Sabhagar (Flex House) from 11.30 am onwards on same day. Best participation awards will be distributed after the seminar in the Vidyapati Sabhagar. All of you are cordially invited for your active participation in this auspicious event for making its grand success.

Harsh Kumar
20.06.18

(Harsh Kumar)

Dean, FBSH & Chairman
Yoga Committee

Memo No. 160 /FBS&H, Pusa

Dated 20 /06/2018

Copy forwarded to

1. All Dean/Director/Registrar/Assoc. Dean –cum- Principal, TCA/COF, Dholi/Comptroller ensuring the participation of all the faculties, students and employees.
2. Assoc. Dean –cum- Principal, TCA/COF, Dholi / DSW / Warden / Superintendent for ensuring the participation of faculty, students and employees.
3. Officer Incharge, Aris Cell for display on electronic notice board.

Harsh Kumar
20.06.18

(Harsh Kumar)

Dean, FBSH & Chairman
Yoga Committee

CC to Secretary to Vice-Chancellor for information to Hon'ble Vice-Chancellor.

**International Yoga Day Celebration on 21st June, 2018 at Dr. Rajendra Prasad
Central Agricultural University,
Pusa, Samastipur Bihar**

Program of events (Minute to Minute)

- | | |
|--|---------------------|
| 1. Registration | 5.30am to 5.45 am |
| 2. Inaugural session | |
| a. Welcome of Chief Guest | 5.45am to 5.50am |
| b. Lighting of Lamp | 5.50am to 5.55am |
| c. Address by the Chief Guest | 5.55am to 6.00 am |
| 3. Start of Yoga activities | 6.00am to 6.45am |
| a. Basic instruction | |
| b. Practice of Yogasana/yoga postures | |
| c. Practice of Pranayama | |
| d. Rest in Sawasana/Yoganidra | |
| 4. Vote of thanks | 6.45 am to 6.50am |
| 5. Refreshments | 6.50am to 7.00am |
| 6. Seminar on Yoga (at Vidyapati Bhavan) | 11:30 am to 1:00 pm |
| 7. Distribution of Prizes/certificate | 1:00 pm to 1:15 pm |
| 8. Vote of thanks and Tea Session | 1.15 am to 1:30 pm |

Rajeev Kumar
20/06/2018

(Rajeev Kumar)
(Asst. Professor ABMB) &
Organizing Secretary