

C.V. RAMAN GLOBAL UNIVERSITY, ODISHA, BHUBANESWAR

Ref. No.: CGU/DSW/F/ 825 /21

Date: 03-06-2021

NOTICE

This is to inform you all that C.V. Raman Global University, Odisha is going to observe the **International Day of Yoga** on **21st June 2021**. The auspicious day will be celebrated by participating in a 03 days COVID Care Program on, "Immunity Boost with Prevention with Meditation, Breath and Yoga" which will be conducted by the prestigious organization The Art of Living.

The 03-day schedule of the program is as mentioned below:

Date – 19th June – 21st June 2021

Time – 8.00 – 8.45 AM (all the three days)

Mode of program – Online (Most probably from Zoom Video Conferencing platform)

The Art of Living organization has given a google form link to register for the program latest by **05th June 2021** evening. The link of the google form is given below:

<https://bit.ly/3hRkMRT>(the form is open till 5th June 2021 Evening)

The Google form is divided into three categories – Faculty, Students and Administrative staff. Please fill the form accordingly. Also, on the last page of the Google form, three options will be given about the kind of program you want to opt for. ***All of you have to choose the 1st option that is, "Immunity Enhancement Program (for a healthy population in order to help them build overall immunity and lung capacity)".***

Participants have to follow these two things mandatorily during the program:

- Their video has to be kept on throughout the program
- They have to use a Yoga Mat. If anyone doesn't have the Yoga Mat, can use a decent mat with a thick clean cloth on that for the same purpose

I request all the Heads and Deans of various section or departments of our university to register themselves through the Google form and also encourage their faculties or staff and students to do the same.

We look forward for an active participation to make this program a success.

The program aims at essential activities which will boost our immune system, hence interested family members of the staff or students can also join through the same window (not through a separate log in ID).

Note:

The online link for the session will only be provided to the registered participants.
This program by the Art of Living is only for the stakeholders of CGU-Odisha.

Poster of the same is attached.


Vice-Chancellor



Immunity Boost & Prevention

with Meditation,
Breath & Yoga

3 - Day **Free**
Online Program

19th to 21st June

8:00 - 8:45 am



Register Here-
bit.ly/3hRkMRT