



GONDWANA UNIVERSITY, GADCHIROLI

(Established by Government of Maharashtra Notification No. MISC -2007/(322/07) UNI -4 Dated 27th Sept. 2011 & Presently a State University governed by Maharashtra Public University Act, 2016 (Maharashtra Act No. VI of 2017)



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पत्र क्र. No.GU/NSS/ 1228/2021

Dt: 31/05/2021

प्रती,

मा. प्राचार्य/विभाग प्रमुख
रासेयो कार्यक्रम अधिकारी,
संलग्नीत सर्व रासेयो महाविद्यालये
गोंडवाना विद्यापीठ, गडचिरोली.


विषय:— Yoga for Unity and Wellbeing 100 day towards the international day of Yoga 2021-Online Registration

संदर्भ :— रासेयो / २०२१/२२४ दिनांक ११/०५/२०२१ सावित्रबाई फुले पुणे विद्यापीठ, पुणे यांचे पत्र.

महोदय/महोदया,

मा. क्षेत्रीय संचालक रासेयो संचलनालय, भारत सरकार, पुणे यांच्या पत्रानुसार आणि युवा संसाधन मंत्रालय, भारत सरकार, यांच्या निर्देशानुसार सध्याच्या कोरोना साथीच्या आजारांमध्ये तरूणांच्या आरोग्याच्या दृष्टीने Yoga for Unity and Wellbeing हा योग कार्यक्रम दिनांक १४ मार्च ते २१ जून २०२१ दरम्यान राबविण्यात येत आहेत. या उपक्रमामध्ये रोज योगासने आणि ध्यानसत्र आयोजित केलेले आहे. तसेच आठवड्यातून दोन वेळा योगासंबंधी व्याख्याने आणि एकत्रित ध्यान आयोजित करण्यात आलेले आहे. हे सर्व उपक्रम निःशुल्क आहेत रासेयो स्वयंसेवकांनी <https://forms.gle/e4RazG3ezhzzZuL9> या लिंकवर फॉर्म भरावा.

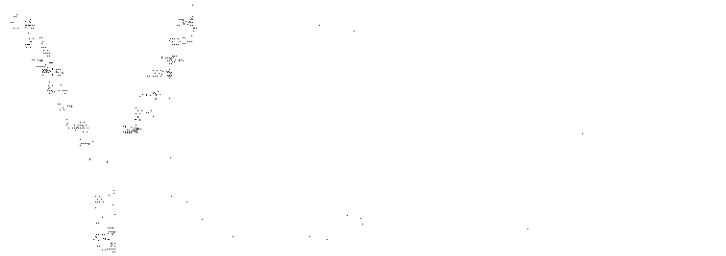
तरी सदर उपक्रमाची माहिती आपल्यामार्फत रासेयो स्वयंसेवकापर्यंत पोहचवावी तसेच जास्तीत जास्त विद्यार्थी सहभागी होण्याकरीता प्रयत्न करावेत. उपक्रमाच्या ऑनलाईन नाव नोंदणी व अधिक माहितीकरिता सोबतच्या पत्राचे अवलोकन करावे, हि विनंती.


(डॉ. श्याम खंडारे)

संचालक

राष्ट्रीय सेवा योजना

गोंडवाना विद्यापीठ, गडचिरोली



for Unity and Well-being

15th days of 2021

Towards the International Day of Yoga 2021 Practice Yoga with the best Yoga Institutions from India

Starting 29th June 2021

Podcast and sessions online Learn at your pace from wherever
your are in the world. Program free of charges.

Morning Sessions 75+ Yoga classes
60 minutes - Yoga & Meditation

Evening Sessions 30+ Talks
60 minutes - Yoga Lecture Series

Weekend Sessions Master Class
60 minutes - Deep Dive Sessions



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BY LAMPAH



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for Unity and Well-being is an introduction to the world of Yoga and a message of harmony and peace.

It is a year-long exploration of the wisdom and practical approach to health and well-being that Yoga offers to all of us.

The leading institutions and schools of India are coming together to present the best of Yoga, from ancient to modern times.

The program starts with 100 days of Yoga, from 14 March to 21 June 2021, culminating in the International Day of Yoga.

All activities will be free of charge worldwide in as many languages as possible.



14 March 2021 5 p.m. IST

March to June 2021

75 practical Yoga sessions

30 lectures and additional webinars

Practice and learn with Yoga masters

21 June 2021

Program

YOGASANA AND PRANAYAMA PRACTICE
DAILY YOGA CLASSES

Yogasana and Pranayama practice with trainers from different schools followed by guided meditation.

Daily Yoga classes presented by all the partnering Yoga schools.

LEVEL: Beginner

PLATFORMS: Multiple platforms, including social media, TV, and internal channels.

LINKS: [youtube.com/yoga4unity](https://www.youtube.com/yoga4unity)

LECTURES ON SPECIFIC TOPICS RELATED TO YOGA
WEDNESDAY YOGA LECTURES

Lectures on specific topics related to Yoga taken by experts from various renowned Institutes.

GUIDED HEARTFULNESS MEDITATION
WEDNESDAY YOGA CLASSES

Guided Heartfulness meditation for all, from beginners to adepts.

YOGA LECTURES WITH EXPERTS
WEDNESDAY YOGA CLASSES

An opportunity to listen and learn directly from some of the most experienced yogis in the world today.

Participants will have access to reading material, videos and podcasts from all the partnering organizations.



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