



**Ravenshaw University
Cuttack**

Notice

No. 2271 / dt. 18.6.18

Observation of International Yoga Day 2018 on Dt. 21.06.2018

Programme

- 6.30 AM Assemble of students and staffs near Yoga Hall
- 7.00 AM Demonstration, practice and competition of Yoga by Yoga Guru Sj. Sitaram Sharma
- 8.30 AM Inauguration of Yoga Hall and Wellness Hall for boys and Wellness Hall for teachers
- 9.00 AM Essay competition on Yoga
(Venue- Annex-III, Ravenshaw Convention Centre)
- 10.00 AM Talk on Yoga, Meditation and Wellness by eminent persons
1. Dr. Pankaj Viz, Sri Sri University, Cuttack
2. Dr. Saroj Kant Mishra, Retd. Dy. Director, Agriculture
(Venue- Annex-II, Ravenshaw Convention Centre)
- 6.30 PM Practice of Meditation at Yoga Hall

N.B. All the participants (Students and Staff) are requested to come with empty stomach and loose dress for yoga practice.

R. P. Jena
Dean Students' Welfare
Ravenshaw University
Cuttack

Memo No. 2272 dt. 18.6.18

Copy to All Notice Boards/ All HODs/ All Course Coordinators of Professional Courses/ Office of the CCD/ OS/ Office of the Registrar/ Office of the DSW/ PRO/ Chageman Power House/ Prakash Jena, Help Desk/ Samrat Khatua/ Care taker Convention Centre/ Webmaster/Steno to the Vice Chancellor for information.

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