

डॉ. (श्रीमती) पंकज मित्रल
(पूर्व कुलपति, बीपीएस महिला विश्वविद्यालय, हरियाणा)
महासचिव

Dr. (Mrs.) Pankaj Mittal
(Former Vice Chancellor, BPS Women University, Haryana)
Secretary General



भारतीय विश्वविद्यालय संघ

ए०आई०यू० हाउस, 16, कॉमरेड इंद्रजीत गुप्ता मार्ग
(कोटला मार्ग), नई दिल्ली-110 002

Association of Indian Universities

AIU House, 16, Comrade Indrajit Gupta Marg (Kotla Marg),
New Delhi-110 002

AIU/SGO/2022

March 30, 2022

Dear Vice Chancellors/Directors,

Greetings from AIU!

I am pleased to share with you that Association of Indian Universities (AIU) has partnered again with the eminent Yoga organizations and experts for **100 day- Yoga for Unity and Well Being 2022** event being organised globally from **20 March to 22 Jun 2022**. The event is also promoted by the Ministry of Ayush, Government of India. The event is aimed to connect Mind, Body and Soul through Yoga practices and bring in happiness and wellbeing among participants.

You shall be happy to note that last year in 2021 also, AIU had partnered with the Yoga for Unity and Well-Being event that had touched over 21.7 million participants in 159 countries and 12 languages (involving over 78 Yoga Faculty and 1375 institutions) and there was overwhelming and active participation from the member universities.

The event is organised at global level and the participants shall be able to enrol for free on the link www.yoga4unity.com in one or more of the 5 courses viz Master Classes, Yoga 4 Beginners, Yoga 4 Seniors, Yoga 4 Yoga Teachers, Yoga 4 Kids absolutely free. The session in the courses shall be conducted by renowned personalities like Swami Ramdev, Patanjali, Shri Kamlesh D.Patel (Daaji), Heartfulness, Dr Chinmay Pandya, Saraswati Vasudevasn, Subodh Tiwari, Dr Vijay Kumar etc. The last date of registration is 15th April, 2022. The participants who register till 15th April, 2022 shall receive a Certificate of Participation after 21 June, 2022. Details of the programme are available in the enclosed brochure.

I request you to disseminate the information in your university and encourage participation from students, faculty and staff like last year to get maximum benefit from the event.

With warm regards,

Yours Sincerely,


(Pankaj Mittal)

Encl: As above

All the Vice Chancellors/Directors of AIU Members Universities and Institutions