Health Centre:

The University Dispensary started functioning from August 1989 with a view to give the medical cover to university students, staff and their dependants. It is rendering medical aid to Teaching, Non-Teaching staff and their dependants and Students.

The University Dispensary has been converted into Health Centre from December 2002 with in-patients facility and with an idea to provide with investigation and radiology facility to the university employee, their dependants and students. The University Health Centre is functioning from 9.30 A.M to 5.30 P.M on all days in a week with the following existing staff. The Health centre is situated near the Residential and Hospital areas. It is handling all routine out-patients. Medical examinations followed by injections, dressing and minor surgical procedure are carried out here. The necessary medicines are issued free of cost.

The Health centre is equipped with all kinds of emergency medicines and injections. Emergency cases are attended to and after providing first line of treatment they are referred to Government Hospital or JIPMER for further treatment and management.

For the in-patient, major surgical intervention, for expert opinion patients are referred to Government Hospital, Maternity Hospital, JIPMER, Pondicherry. The necessary laboratory investigations to be done are carried out by referring them to Government Hospital or private laboratories and follow up of the cases are done by the University Medical Officers.

The medical examination of the University employees at the time of appointment is carried out by the University Medical Officers and medical examination of the students is also carried out whenever it is necessary.

Medicines were procured from Government sector companies but medicines which were not available in Government sector were procured from private sector by calling quotations through purchase and store section till February 2019. Now the University authority is purchasing the generic medicines through purchase and store section for the University Health centre as per the Health committee meeting held on February 2020.

Since 4th September 2006, the university Authority has set up a centre of Pondicherry Institute of Medical sciences (PIMS) in the Health Centre, Pondicherry University. It is a private institute which provides medical facilities round the clock to the students, staff and their dependants. The Centre has laboratory facilities too. The patients who attend there also get free medicines from the Health Centre Pondicherry University, Pondicherry, from 9.30 A.M to 5.30 P.M as per direction of the University Authority.

One Siddha Medical service unit by Siddha Regional Research institute (SRRI) has started at Pondicherry University Health centre since 26/04/2017. It is functioning on every Thursday from 1.30pm-4.30pm

The following are the Health Centre staff:-

Doctor: Dr. (Mrs.) Sheela Das : Chief Medical Officer

Paramedical staff:

Nursing officer : 1

Pharmacist: 1

Assistant : 1

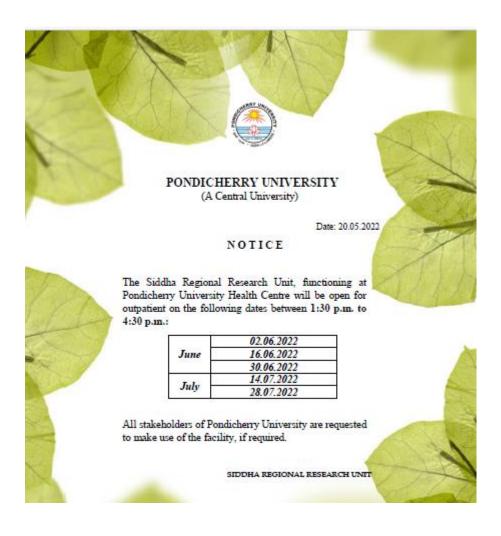
Horticulture Attendant : 1

(The following are the statistics of the treatment (from April 2022-March2023)

The total number of out-patients : 1638+PIMS Health centre The total number of injections : 67 The total number of dressing : 125 The total number of emergencies attended : 26 The total number of patients referred for Investigations : 720

Link: https://www.pondiuni.edu.in/health-centre/

Siddha Regional Research Unit is also functioning at the Health Centre for the benefits of the stakeholders of University.





पाण्डिञ्चेरीविश्वविद्यालय)पाण्डिञ्चेरीविश्वविद्यालयनियम 53 1985 ,केअंतर्गतस्थापितकेन्द्रीयविश्वविद्यालय(PONDICHERRY UNIVERSITY (A Central University established by an Act of Parliament No.53 of 1985)

 Dr.AMBEDKAR ADMN. BUILDING,

 म.प.टी.सगायराजा

 आर.वि.नगर/ к.v.NAGAR,

 विशेष कार्य अधिकारी

 M.P.T.SAGAYARAJA

 OFFICER ON SPECIAL DUTY [ADMN.]

सं.सं.Ref. No. PU/ESTT/NT12/UHC/Siddha/2022-23/ 165

दिनांक/Date: 27.12.2022

डॉ.अम्बेडकर प्रशासनिक भवन

CIRCULAR

The Siddha Regional Research Institute (SRRI), (under Central Council for Research in Siddha (CCRS), Ministry of AYUSH, Government of India), Siddha Regional Research Unit, Health Centre, Pondicherry University has resumed its Out-Patient service at our University Health Centre, Pondicherry University every Thursday between 1.30 p.m. and 4.30 p.m.

Dr.Lavanya will be acting as Coordinator, Siddha Medical Services Unit at the University Health Centre.

Mob.No.9042606902, Email-id: drlavi85@gmail.com
 All stakeholders are requested to make use of the facility.

are requested to mane dee of the

// BY ORDER//

OFFICER ON SPECIAL DUTY (ADMN)

To All Concerned, PU

Copy to:

- Dr.B.Lavanya, Co-ordinator (Siddha Medical Services Unit.), Health Centre, PU
- 2. The Chief Medical Officer, University Health Centre, PU
- The Assistant Registrar, for kind information of the Vice-Chancellor Vice Chancellor's Secretariat, Pondicherry University.
- The Assistant Registrar, Registrar's Secretariat, PU.
- The Systems Manager, --- with a request to host in the University website Computer Centre, PU.

DIRECTORATE OF PHYSICAL EDUCATION & SPORTS

All the sports activities are conducted under the supervision of the University Sports Board with Vice Chancellor as Chairperson. The Directorate of Physical Education and Sports has been organizing various sports and games activities every year for the students of Pondicherry University and Affiliated Colleges including Inter-collegiate and All India Inter-University Tournaments. Every day the Students and Staff members can use all the facilities available in the campus.

Sports facilities in the campus:

All the play fields are facilitated with sitting galleries

- · Rajiv Gandhi Cricket stadium -grass play field with turf wickets .
- Thiruvalluvar Sports stadium 400m cinder track & field & multi purpose

- Multi-sports complex for Tennis, Basketball & Volleyball play courts
- Multi-gym for men and women separately(fitness centre)
- Power lifting, Weight lifting & Body building (training lab)
- Football play fields 3
- Hockey play fields 3
- Volleyball courts 2
- Tennis courts 2
- Kabaddi courts 2
- Kho-kho courts 2
- Handball court 2
- Basketball courts 2
- Cricket play fields -3
- Cricket nets- 2
- Ball-Badminton courts 2
- Badminton courts 4(outdoor)
- Indoor hall Table tennis, Chess & Carom in multi-purpose hall

Sports Activities in the Campus:

- To organize South Zone and All India Inter-University Tournaments in the recognized Games and Sports.
- University player's participation in the All India and South Zone Inter-Universities Tournament organized by various University in all over India, Affiliated to Association of Indian University, New Delhi.
- Organizing National Level Pondicherry University Silver Jubilee Rolling Trophy.
- Celebrating National Sports Day on 29th August.
- Celebrating Teachers day on 5th September.
- Meeting of Directors/Directresses of Physical Education of Affiliated colleges.
- Meeting of Pondicherry University Sports Board.
- Organizing around 40 events (Games & Sports) in Inter Collegiate Tournaments (Men & Women) for the students of 90 Affiliated Colleges and University campus.
- Organizing Unispofest (Inter-Departmental Sports Meet) for the Pondicherry Campus students.
- Organizing Unispofest (Inter-Departmental Sports Meet) for the Karaikal campus students
- Organizing sports meet for the Pondicherry Campus staff(Teaching & Non-Teaching)
- Workshop/Seminar/Coaching camps/ Fitness Programs, Aerobics, Karate etc.
- Organising International Yoga Day celebration on 21st June.

https://www.pondiuni.edu.in/play-grounds/

GYM:

Two Fitness Gym for both men and women are available to develop health and fitness of students and staff of Pondicherry University.

https://www.pondiuni.edu.in/gym/

World Oral Health Day :

Department of Management at Pondicherry University Community College (PUCC) in collaboration with other national programs NTCP, RSSK, colleges and organizations partnered with National Oral Health Programme – the NOHP Cell Puducherry to celebrate the *"World Oral Health Day"* with a *"Walkathon" – Be proud of your mouth"*. The "Walkathon" was flagged off by *Dr. O. Kavipriya*, State Nodal Officer for the National Oral Health Programme, Puducherry from Gandhi Statue & the walkathon went via Bussy Street, M.G. Street, J.N.Street, Mission Street, St. Ange Street & ended at Gandhi Statue on the Beach Road.

Twenty five students from the Department of Management (PUCC) accompanied by faculty members Dr.A.Bharathy & Dr.R.Venkatajalapathy participated in the "Walkathon". The aim was to spread the message for the year 2023 **"Focus on the importance of caring for your mouth at every stage of life".** The students participated with full energy and enthusiasm carrying placards with the messages to spread awareness on the event of the **"World Oral Health Day".**



Blood Donation Camp

A blood donation camp was organised by the Directorate of Distance Education of Pondicherry University, in collaboration with Indira Gandhi Government General Hospital and Postgraduate Institute. This event saw almost 300 people come forward to donate blood on campus. This included students, faculty and even the most security personnel of the university. This event had begun in the morning and went on almost till afternoon.

The OSD of Culture and Cultural Relations, Prof. Rajeev Jain, inaugurated the camp and said "Blood donation is the best gift one can give to the mankind. It should help the younger generation to develop their social values." Dr Diana Sharmila, Chief Medical Officer, Department of Transfusion Medicine of Indira Gandhi Government General Hospital who was instrumental in this collaboration said that "there was a good response by the officials, teaching staff and students of the university to donate blood and a large number of blood bags were collected in the camp. The interested donors were physically examined before donation. It is a great initiatives taken by Pondicherry University".

"It is a hectic task to organise the event however it gives me great satisfaction that I can do something for the society. Every person who is fit and well to do should donate blood. I feel great that I am able to contribute for this noble cause, " said Dr Arvind Gupta, the Director of the DDE of Pondicherry university.

The students after the donation of blood were treated with juice, biscuits and Donors Certificates were advised to consume fluids in order to make up for the loss of fluids from their body.

We were overwhelmed to see the response of the students and the other members of the university for this camp," said the doctors from the blood bank. Understanding the moral and social responsibility of the institution in view of the huge demand for life saving blood in the city, the vice chancellor of Pondicherry University, Prof Gurmeet Singh took the initiative of conducting this blood donation camp, said Dr Gupta. He further said "We are hoping that by conducting these camps students will be aware of the benefits of blood donation and how a unit of blood can save four lives."



A Three day National Workshop on Leading Healthy Lifestyle and Improving Self: Physical & Mental in its campus at Lawspet between 8th March and 10 March, 2023

The Department of Physical Education and Yoga, Pondicherry University Community College had conducted A Three day National Workshop on Leading Healthy Lifestyle and Improving Self: Physical & Mental in its campus at Lawspet between 8th March and 10 March, 2023. This workshop was collaborated and funded by the Rajiv Gandhi National Institute of Youth Development (RGNYD), Sriperumbudur. This workshop is creating awareness on essential to promote and correct lifestyle in order to maintain and promote health. The activity is promoting health and providing public health of the most important bases for the development of youth communities. The inaugural was presided over by the Principal of Pondicherry University Community College, Prof. Lalitha Ramakrishnan. The workshop inaugurated by Prof. Shibnath Deb, Director, Rajiv Gandhi National Institute of Youth Development Guest of honour Smt. Padma Jaiswal, IAS, Secretary to E-Governance and ICT, Government of Puducherry and Special Guest Dr. B. N. Padmaja Priyadharshini, Entrepreneur and Managing Director of HomePlanGuru Pvt. Ltd. Welcome Address Delivered by Dr. R. Murugesan, Assistant Professor & Head (I/c) Dept. of Physical Education & Yoga and the Scope of the workshop was delivered by the Programme Co-ordinator Dr. S. Jagadeeswari, Assistant Professor, Dept. of Physical Education & Yoga, PUCC. The programme had started with 130 participants from different colleges Puducherry and Tamilnadu.

Prof. Shibnath Deb, Director, Rajiv Gandhi National Institute of Youth Development, Sriperumbudur delivered a Chief Guest Address and he overwhelmed the importance of youth's physical & metal health for the future India.

Smt. Padma Jaiswal, IAS, Secretary to E-Governance and ICT, Government of Puducherry, delivered a Guest of honour's Address and she talked about the importance of leading healthy lifestyle through mental health. She interacted with the participants about need and urge of healthy life being and wellness. And she discussed the importance of physical activity and yoga.

Dr. S. Jagadeeswari, Assistant Professor, Dept. of Physical Education & Yoga, PUCC has delivered a vote of thanks.

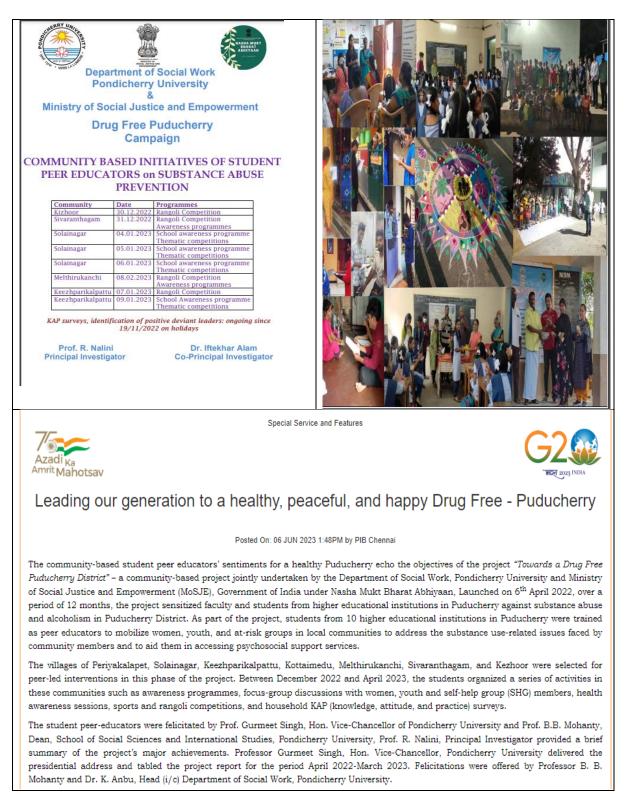


A two day sensitization workshop on "Girls Lead Girls- A holistic self-defence program" organized by the Department of Biochemistry, Pondicherry University Community college

The Department of Biochemistry, PUCC in collaboration with Trust for youth and child leadership (TYCL) organized a two day woman sensitization workshop on "Girls Lead Girls-A holistic self-defence program" in commemoration of International women's day 2023 to girl's students of science. The awareness programme was started with University Anthem followed by Welcome Address by Dr. D. Varalakshmi, Assistant Professor, Department of Biochemistry, PUCC. The Presidential address was delivered by Prof. Lalitha Ramakrishnan, Principal (i/c) of this college. Ms. Yuvayazhini, Associate Director, TYCL and her team members enlightened the women's fundamental rights, safety and self-defences viz. Physical, Emotional, Sexual, Online, Intellectual, Economical, Socio-Legal and Socio-Cultural selfdefences. The students were asked to fill the questionnaire given by TYCL after the end of the session thereby pre and post interactive session addressed the quries of students and clarified their doubts pertaining to self-defence. The notion of this sensitization program is to empower the girls as it is the need of the hour and they are the backbone of developing society. The programme was fully sponsored by TYCL. Certificates were distributed to the participants by TYCL. Dr. M. Tharaheswari, Head (i/c), Department of Biochemistry proposed vote of thanks. The workshop ended with National anthem.



Drug Free Puducherry Campaign Community Based Initiatives of Student Peer Educators on Substance Abuse Prevention



The dignitaries distributed the certificates and medals to the student peer educators in recognition of their work and achievements in their communities. Dr. Iftekhar Alam, Assistant Professor and Co-Principal Investigator offered the vote of thanks. The felicitation programme was organized to recognize and commend the potential of youth in Puducherry under the Nasha Mukt Bharat Abhiyaan campaign towards reducing the demand for drugs, especially among children and youth for the creation of a healthy and youthful Puducherry.



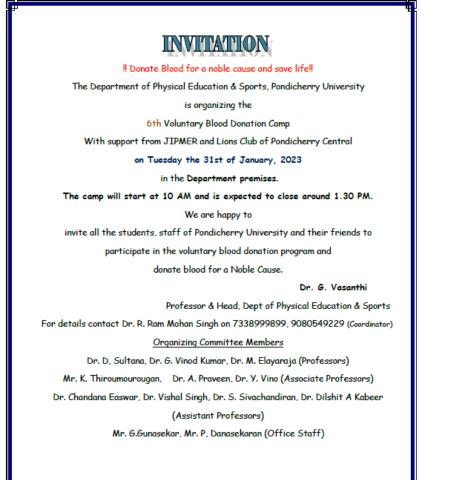
https://www.thehindu.com/news/cities/puducherry/student-peer-educators-in-projectagainst-drug-abuse-felicitated/article66938276.ece

Dental Camp organized by "Pondicherry University Community College, Lawspet.

https://www.pondiuni.edu.in/university_news/dental-camp-pucc-lawspet-2/



Voluntary Blood Donation Camp "Department of Physical Education & Sports https://www.pondiuni.edu.in/university_news/voluntary-blood-donation-camp-department-of-physical-education-sports/



To: The system Manager with request to upload in the University Website.

VALEDICTORY FUNCTION

Invocation

Welcome Address	: Dr. P. B. Shankar Narayan Assistant Professor, Dept. of Social Work
	Pondicherry University
Camp Report	: Ms. Deeptika. S
	I M.S.W, Student
Valedictory Address	: Mr. Gavhal Nithin Ramesh, PPS (SG)
	Superintendent of Police (North)- Karaikal
Special Address	: Shri. P.R. Siva
	Honourable Member of Legislative Assembly, Thirunallar
	Government of Puducherry
Felicitation	: Mr. Dr. K. Sivakumar
	Assistant Professor and Head, Dept. of Social Work,
	Aringar Anna Government Arts and Science College, Karaikal
	: Rev. Fr. Xavier Satheesh, SDB
	Principal, Don Bosco College of Arts and Science
	Thamanangudy, Karaikal
	: Rev. Fr. Siby Mathew, SDB
	Secretary, Don Bosco College of Arts and Science
	Thamanangudy, Karaikal
Vote of Thanks	: Mr. V. Ajeethkumar
	I MSW, Rural Camp Student's Co-ordinator
Cultural Programme	: I MSW Students

National Workshop on Leading Healthy Lifestyle and Improving Self: Physical & Mental "PUCC, Lawspet https://www.pondiuni.edu.in/university_news/national-workshop-on-leading-healthylifestyle-and-improving-self-physical-mental-pucc-lawspet/ Azad Azadi _{Ka} Amrit Mahotsav PONDICHERRY UNIVERSITY COMMUNITY COLLEGE (A CONSTITUENT COLLEGE OF PONDICHERRY CENTRAL UNIVERSITY) LAWSPET, PUDUCHERRY- 605008 DEPARTMENT OF PHYSICAL EDUCATION AND YOGA ORGANISES A THREE - DAY NATIONAL WORKSHOP ON LEADING HEALTHY LIFESTYLE AND IMPROVING SELF: CAL & MENTAL I \heartsuit \heartsuit 10TH **S**TH arch, 2023 10 AM - 05 PM AT SEMINAR HALL **PU - COMMUNITY COLLEGE, LAWSPET** SPONSORED BY INSTITUTION OF NATIONAL IMPORTANCE BY THE ACT OF PARLIAMENT NO.35/12 **MINISTRY OF YOUTH AFFAIRS AND SPORTS, GOVERNMENT OF INDIA** SRIPERUMBUDUR PROGRAMME COORDINATOR DR. S. JAGADEESWARI ASSISTANT PROFESSOR DEPARTMENT OF PHYSICAL EDUCATION & YOGA PUCC



Celebration of World Kidney Day-2023 " PUCC, Lawspet

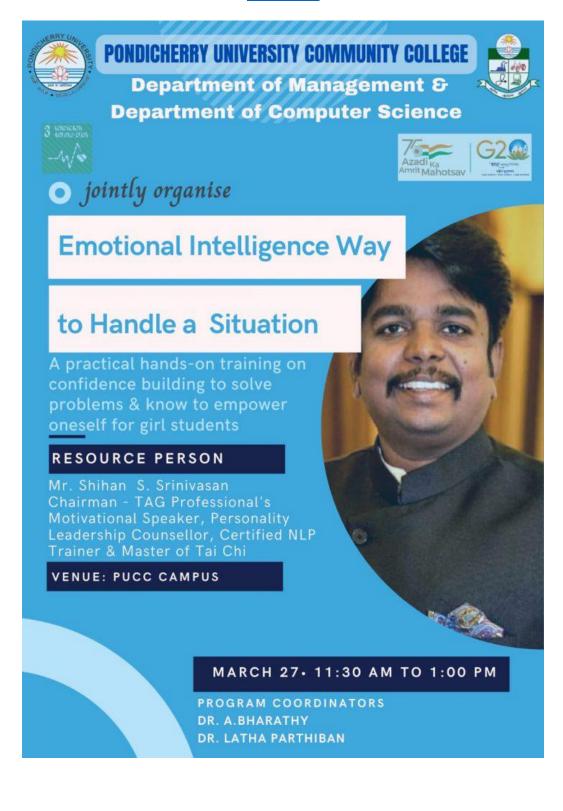
https://www.pondiuni.edu.in/university_news/celebration-of-world-kidney-day-2023-

pucc-lawspet/



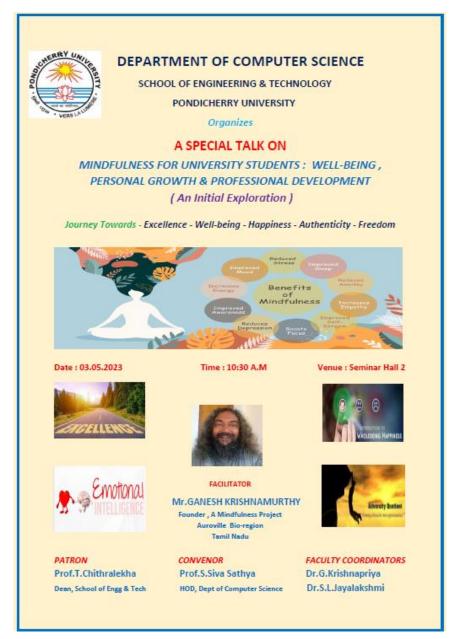
Training - Emotional Intelligence Way to Handle a Situation

https://www.pondiuni.edu.in/university_news/training-emotional-intelligence-way-to-handlea-situation/



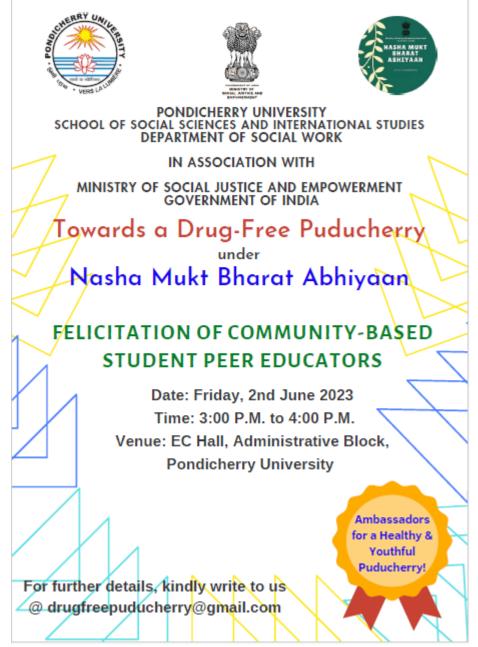
Special Talk on Mindfulness for University Students: Well-Being, Personal Growth & Professional Development " Department of Computer Science

https://www.pondiuni.edu.in/university_news/special-talk-on-mindfulness-for-universitystudents-well-being-personal-growth-professional-development-department-of-computerscience/



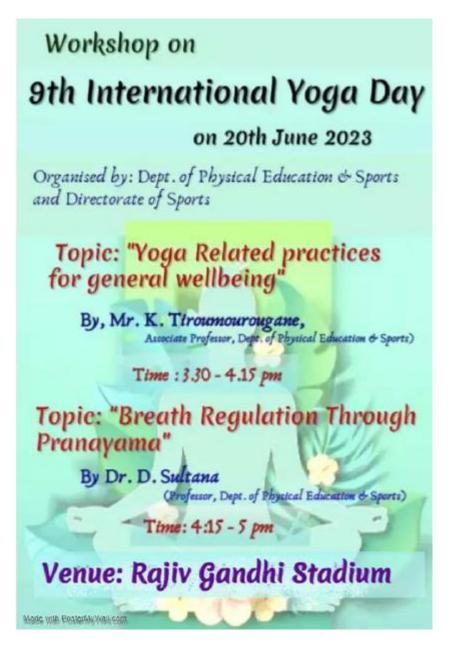
Towards a Drug-Free Puducherry under Nasha Mukt Bharat Abhiyaan "Felicitation of Community-Based Student Peer Educators

 $https://www.pondiuni.edu.in/university_news/towards-a-drug-free-puducherry-under-nashamukt-bharat-abhiyaan-felicitation-of-community-based-student-peer-educators/$



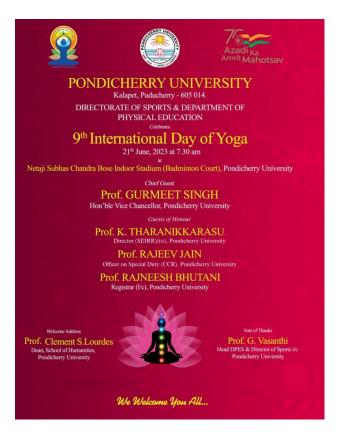
Workshop on 9th International Yoga Day on 20th June 2023

https://www.pondiuni.edu.in/university_news/workshop-on-9th-international-yoga-day-on-20th-june-2023/



9th International Day of Yoga on 21.06.2023 - Department of Physical Education and Sports

https://www.pondiuni.edu.in/university_news/9th-international-day-of-yoga-on-21-06-2023-department-of-physical-education-and-sports/



Lecture on Understanding Yoga as a Holistic Way of Life "Department of Philosophy https://www.pondiuni.edu.in/university_news/lecture-on-understanding-yoga-as-a-holisticway-of-life-department-of-philosophy/



DEPARTMENTOF PHILOSOPHY SCHOOL OF HUMANITIES PONDICHERRY UNIVERSITY

YOU ARE CORDIALLY INVITED FOR LECTURE ON

UNDERSTANDING YOGA AS A HOLISTIC WAY OF LIFE

Dr. ANANDA BALAYOGI BHAVANANI Director - Institute of Salutogenesis and Complementary Medicine (ISCM) & Professor of Yoga Therapy, Sri Balaji Vidyapeeth University, Puducherry

Date: 04.07.2023

Time: 11.00 - 13.00 Hrs.

VENUE : SEMINAR HALL - 1 SCHOOL OF HUMANITIES PONDICHERRY UNIVERSITY

Special Seminar on New Therapeutic Strategy to Mitigate Obesity - Light at the end of the Dark Tunnel " Department of Biotechnology

https://www.pondiuni.edu.in/university_news/special-seminar-on-new-therapeutic-strategyto-mitigate-obesity-light-at-the-end-of-the-dark-tunnel-department-of-biotechnology/

DE	PONDICHERRY UNIVERSITY SCHOOL OF LIFE SCIENCES PARTMENT OF BIOTECHNOLOGY
	Special Seminar
торіс	: New therapeutic strategy to mitigate obesity - Light at the end of the dark tunnel.
SPEAKER	: Dr. Padmamalini Baskaran, Howard University College of Pharmacy, Washington, D.C.
DATE & TIME	: 8th August, 2023 at 3.30 PM
VENUE	: Seminar Hall Department of Biotechnology
	ALL ARE INVITED.
	ford taken 3.
	(Dr. B. Sudhakar) Professor and Head
	Dr. B. SUDHAKAR Professor and Head Department of Biotechnolog Pondicerry University

Inauguration of Blood Donation Camp - Directorate of Distance Education

<u>https://www.pondiuni.edu.in/university_news/inauguration-of-blood-donation-camp-directorate-of-distance-education/</u>

PONDI	CHERRY UNIVERSITY	
Directorate of Distance Education		
IG Government General Hospital & PG Institute,		
	Puducherry	
Cordially	invite you for the inauguration of	
BLC	DOD DONATION CAMP	
On 20 th September 2023	3 at Cultural-cum-Convention Centre, Pondicherry University Campus	
PR	ROGRAM SCHEDULE	
10 AM - 10:15 AM:	Inauguration by Prof. Gurmeet Singh,	
	Hon'ble Vice-Chancellor, Pondicherry University	
10:15 - 10:25 AM:	Felicitation	
10:25 - 10:30 AM:	Scope of the Programme	
10:30 - 01:00 PM:	Blood Donation	
01:00 - 01:10PM:	Vote of Thanks	
	Director	

Workshop on Health and Stress Management

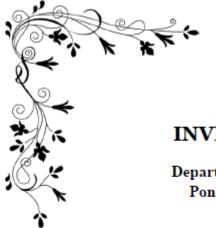
https://www.pondiuni.edu.in/university_news/workshop-on-health-and-stress-management/

	DO TO
	PONDICHERRY UNIVERSITY Iniversity under Ministry of Education, Govt. of India
Cultural Coo	rdination Wing, Pondicherry University is organising a Workshop on
<i>(Under Sustainable Dev</i> Reso	ALTH AND STRESS MANAGEMENT velopment Goal 3, Ensure Healthy Lives and Promote Wellbeing) urce person: Clapping for health Management der of Ayushyamaanbhav Trust &Research Centre, Ujjain, M.P.
	ALL ARE INVITED! <u>VENUE</u> JN AUDITORIUM
Da	Administrative Building ate: November 28, 2023(Tuesday), Time:4:30 pm Cultural Coordination wing.
	PONDICHERRY UNIVERSITY ral Coordination wing, Pondicherry University
	Workshop On
HEAI Date: 28/11/2023	TH AND STRESS MANAGEMENT Time: 4:30 pm
cH.	ENVIL
4:30 pm :	UNIVERSITY ANTHEM
4:35 pm :	WELCOME ADDRESS (Prof. Sreekala. E, Cultural Coordinator)
4:40 pm :	PRESIDENTIAL ADDRESS (Prof. Clement Sagayaradja Lourdes, Director, C& CR)
4:50 pm :	Refreshments
5:00 pm :	WORKSHOP ON CLAPPING FOR HEALTH MANAGEMENT
2	(Mr. Arun Rishi, Founder of Ayushyamaanbhav Trust &Research Centre , Ujjain , M.P)
6:30 pm :	Vote of Thanks (Dr. G. Subhalakshmi , Deputy Cultural Coordinator)
6:35 pm :	National Anthem
02	Vote of Thanks (Dr. G. Subhalakshmi , Deputy Cultural Coordinator) National Anthem
	Venue

JN AUDITORIUM Administrative Building

Invited Talk on Recent Progress on HIV/AIDS Cure• "Department of Microbiology

https://www.pondiuni.edu.in/university_news/invited-talk-on-recent-progress-on-hiv-aidscure-department-of-microbiology/





INVITED LECTURE

Department of Microbiology Pondicherry University

Invites you to the talk on :

"Recent progress on HIV/AIDS cure"

Being presented by:

Dr. SIDDAPPA BYRAREDDY, PhD

Professor & Vice Chair of Research, Department of Pharmacology and Experimental Neuroscience, Durham Research Centre, USA

Date : December 04, 2023

Time : 3.00 pm

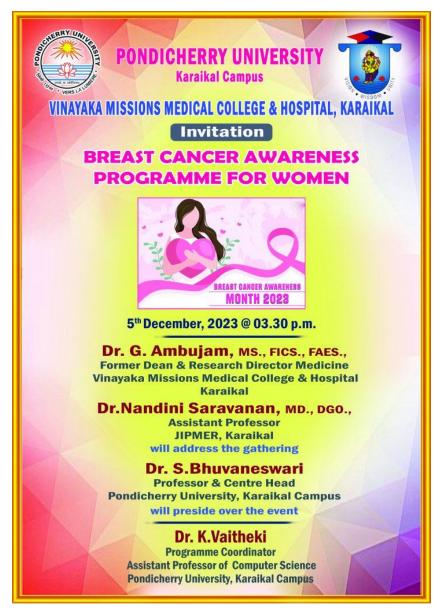
Venue : Seminar Hall, Department of Microbiology, Room No: 212

"All are cordially invited"

Dr. Maheswaran Mani Head Department of Microbiology Dr. V. Thillai Sekar Associate Professor (Seminar Co-ordinator)

"Breast Cancer Awareness Programme for Women " Pondicherry University, Karaikal Campus

https://www.pondiuni.edu.in/university_news/invitation-breast-cancer-awareness-programme-for-women-pondicherry-university-karaikal-campus/



Ninth International Day of Yoga on 21st June 2023 for the Year 23-24 " Common Yoga Protocol (CYP) Practice for the Student, Scholars, Faculty Members, Office Staff & Family Members of University Employees

https://www.pondiuni.edu.in/university_news/ninth-international-day-of-yoga-on-21st-june-2023-for-the-year-23-24-common-yoga-protocol-cyp-practice-for-the-student-scholars-faculty-members-office-staff-family-members-of-universi/

PONDICHERRY UNIVERSITY DIRECTORATE OF PHYSICAL EDUCATION AND SPORTS RAJIV GANDHI CRICKET STADIUM

PU/DIR/SPORTS/G.S/A.D/23-24/356

Date: 15.06.2023

CIRCULAR

Sub: Ninth International Day of Yoga on 21st June 2023 for the year 23-24 – Common Yoga Protocol (CVP) Practice for the Student, Scholars, Faculty Members, Office staff & Family Members of University employees – Reg.

The Directorate & Department of Physical Education & Sports has planned to celebrate the Ninth International Day of Yoga on 21^{st} June 2023 for the year 23-24.

It is planned to organize "Yoga Fest" from 16th June to 20th June 2023 where Student, Scholars, Faculty Members, Office staff & Family Members of University employees could be sensitized about the strengths and health benefits of yoga in promoting Physical, Mental and Spiritual health. They may also be trained the Common Yoga Protocol (CYP) designed by the AYUSH, New Delhi from 16th to 20th June 2023 and to be performed on Ninth International Day of Yoga on 21st June 2023 at 6.30am at Rajiv Gandhi Cricket Stadium, Pondicherry University.

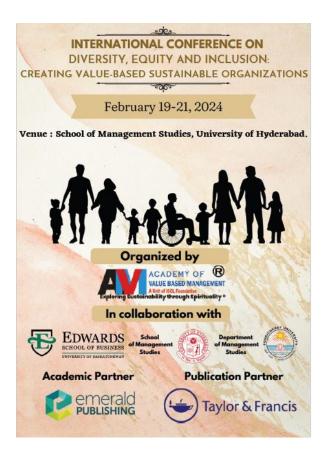
In this connection, a training program is scheduled from 16th to 20th June 2023 from 6.30am to 8.00am (Morning session) and from 4.00pm to 5.30pm (Evening Session) at Rajiv Gandhi Cricket Stadium, Pondicherry University.

(D.SULTANA) of.(Phy. Edu.) & Co-ordinator

ANTHI Prof.& Director of DIRECTOR C DIRECTORATE OF SPORTS PONDICHERRY UNIVERSITY PUDUCHERRY - 605 014

International Conference on Diversity, Equity and Inclusion: Creating Value-based Sustainable Organizations

https://www.pondiuni.edu.in/university_news/revised-international-conference-on-diversity-equity-and-inclusion-creating-value-based-sustainable-organizations/

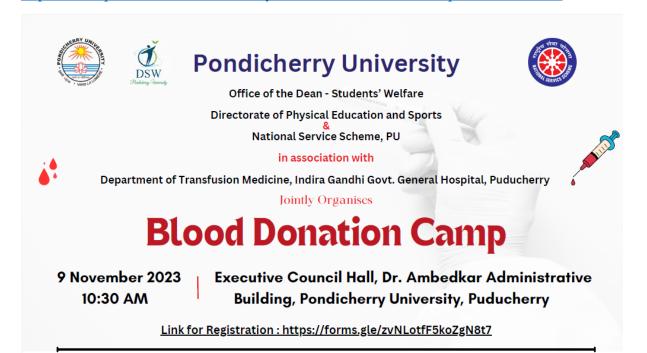


An Awareness Talk on Organ Donation "PUCC, Lawspet

https://www.pondiuni.edu.in/university_news/an-awareness-talk-on-organ-donation-pucc-lawspet/



Blood Donation Camp on 09.11.2023 conducted by the Directorate of Physical E&S https://www.pondiuni.edu.in/university_news/blood-donation-camp-on-09-11-2023/



Blood Donation Camp " PUCC, Lawspet

https://www.pondiuni.edu.in/university_news/blood-donation-camp-pucc-lawspet/

