

Sir/Madam,

Yoga offers holistic well-being, physical and mental health benefits and prevents lifestyle ailments among people of all ages. Studies have proven that yoga supports stress management, mental health, mindfulness, healthy eating, weight loss, and quality sleep. Keeping in view all these benefits to people, , S-VYASA, Bangalore has developed Courses on Yoga for SWAYAM.

It is a matter of immense pleasure to inform you that AICTE being the 9th National Coordinator (NC) for SWAYAM is going to launch the following SWAYAM Courses on Yoga developed by Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), under the able guidance of Dr. H. R. Nagendra, Chancellor, S-VYASA at **4.00 p.m. on 9th June, 2023 (Friday)** at AIIMS-Auditorium, AIIMS New Delhi:

1. **Yoga Volunteers for Diabetes Management Part 1**
2. **Yoga Volunteers for Diabetes Management Part 2**
3. **Yoga Volunteers for Hypertension / Heart Disease Part 1**
4. **Yoga Volunteers for Hypertension / Heart Disease Part 2**
5. **Yoga Volunteers for Palliative Care - Part 1; and,**
6. **Yoga Volunteers for Palliative Care - Part 2**

AICTE has requested the Hon'ble Minister of Health and Family Welfare and Hon'ble Minister of AYUSH, Govt. of India to be the "Chief Guest" and launch the above SWAYAM Courses on Yoga at 4.00 p.m. on 9th June 2023 (Friday) at AIIMS Auditorium, AIIMS, New Delhi.

The faculty members/non-faculty members/students from all AICTE approved Institutions and others are hereby cordially invited to join the event through the URL given below.

Cisco Webex URL :

<https://aicteindia.webex.com/aicteindia/j.php?MTID=m941d1b35249e754c1566cd483e9bee15>

Password : 12345

Date and Time : 9th JUNE, 2023, Friday at 4 p.m.

Event number : 25100176567

Youtube Streaming URL :

<https://www.youtube.com/live/1bFZLQzmhBs?feature=share>

Note: All VCs/Heads of Institutions are requested to kindly share this email with their faculty members, staff and students

Pfa:-

<https://drive.google.com/file/d/1EOSxMEBnkFRz30zPlz1JUFW55Fj0wbUn/view?usp=sharing>

Pfa:-

<https://drive.google.com/file/d/1FHqN4d3KHQmcRJGWDigAlRoY3doSWoAw/view?usp=sharing>

Thanks & Regards,

Dr. Mamta Rani Agarwal

Advisor-I

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