



University Grants Commission

D.O. No. F. 1-3/2022 (QIP)

Dear Madam/Sir,

Welcome back to *Chetna Lecture Series* of UGC.

The next edition of Chetna online lecture series will be a panel discussion on **The Science and Practice of Yoga**.

In this programme, Chairman UGC, **Prof. M. Jagadesh Kumar**, will interact with, **Prof. Tanuja Nesari**, Director, All India Institute of Ayurveda; **Saurabh Jain**, Programme Coordinator, Isha Foundation; and **Saurabh Bothra**, Co-founder, HABUILD & YouTube Influencer.

I take this opportunity to invite you to join the online lecture which will take place on zoom on **21st June, 2024 at 10:30 AM**.

The meeting link to the join the meeting is as follows:

UGC CHETNA SERIES | The Science and Practice of Yoga

Speakers:

1. **Prof. Tanuja Nesari**, Director, All India Institute of Ayurveda
2. **Saurabh Jain**, Programme Coordinator, Isha Foundation
3. **Saurabh Bothra**, Co-founder, HABUILD, YouTube Influencer

Date & Time: 21st June, 2024, 10:30 AM Mumbai, Kolkata, New Delhi

Meeting Link -

<https://us06web.zoom.us/j/81654054017?pwd=q43GVKuDsue7kK0ZFKSG1CSTZIK0gH.1>

Meeting ID: 816 5405 4017 **Passcode:** 011059

This programme will also be live streamed on UGC's Social media handles: -

X (Twitter) https://twitter.com/ugc_india

YouTube https://www.youtube.com/@UGC_India

LinkedIn <https://www.linkedin.com/company/ugc-india/>

You are requested to bring this to the notice of all faculty members and students of your institution and encourage them to join the programme.

With kind regards,

Yours sincerely,

Manish R. Joshi
Secretary, UGC

To
The Vice Chancellors of All Universities