



ज्ञान-विज्ञान विमुक्तये

प्रो. रजनीश जैन
सचिव

Prof. Rajnish Jain
Secretary



सत्यमेव जयते

विश्वविद्यालय अनुदान आयोग
University Grants Commission

(शिक्षा मंत्रालय, भारत सरकार)
(Ministry of Education, Govt. of India)

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F.No.1-16/2021(Website)

25th March, 2022

Subject: International Day of Yoga (IDY) 2022

Respected Madam/Sir,

As you are aware, the International Day of Yoga (IDY) is celebrated every year on 21st June. This year the IDY will be focused on India Branding with extensive promotions across the boundaries through all possible platforms including print, digital, social media, etc. Various activities such as pledge, quiz, video contest, etc. will be organized on the MyGov platform for the participation of the general public. As the countdown to IDY-2022 has already begun, the universities/ institutions may chalk out an Activity Plan for the coming days. It is aimed to bring more people into the fold of the activities of IDY-2022 by spreading the benefits of yoga. Suggested Activities for Higher Education Institutions are as under:

- The Common Yoga Protocol shall be practiced on 21st June 2022 from 7:00 AM to 7:45 AM, followed by a suitable and befitting programme on Yoga by students of all universities/colleges.
- Universities/Institutions may organize Yoga related activities such as lectures, workshops, training programmes etc. by inviting Yoga experts. Minimum 15 days Yoga Training Program on **Common Yoga Protocol (CYP)** shall be organized through a trained Yoga teacher. Common Yoga Protocol literature and videos may be downloaded from the Ministry of Ayush's portal.
- Universities/Institutions may distribute Yoga attire, Yoga Mats, Caps etc. having the logo of IDY to their employees and students to practice and adopt Yoga. Few competitions on Yoga may also be organized to create interest among the students/staff.
- Universities/Institutions may display Yoga Charts and Standees inside their campus. Details may be obtained from the Yoga portal of the Ministry of Ayush.
- If Universities/Institutions are having any official newsletter/bulletin/magazine, the articles and other related matters about Yoga may be published.
- Institutions may encourage the staff and students to participate in online activities/competitions being organized by the Ministry of Ayush through MyGov Portal.

CONTINUATION SHEET

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- Institutions may plan long term activities related to Yoga for the health of their students/staff.
- Institutions may create permanent Yoga facilities for the practice on regular basis within the Institute.
- Promotion of #Hashtag and live events through official channels of the Universities/Institutions will help in creating awareness among the students/staff.
- Encourage staff and students to download the Y-break mobile application for work place and other Yoga applications like M-Yoga and Namaste Yoga for Yoga practices/activities. These are available on both Google Play store and iOS App Store.
- Students and staff may be encouraged to participate in live online Yoga discourses with prominent Yoga Gurus for insightful discussion.

All the higher educational institutions and their affiliated colleges/institutions are requested to organize various activities as suggested above and share their participatory videos of International Day of Yoga on the UGC University Activity Monitoring Portal (UAMP) <https://uamp.ugc.ac.in/> . For any technical assistance, please contact Dr. Pavan Kumar (011-2373-417) and Dr. Vandana Singh (011-23730418) at Morarji Desai National Institute of Yoga (MDNIY), New Delhi, an autonomous institute under the Ministry of AYUSH or email at: idy2022@gmail.com.

With kind regards,

Yours sincerely,


(Rajnish Jain)

To

The Vice-Chancellors of all Universities
The Principals of all Colleges/Institutes