



ज्ञान-विज्ञान विमुक्तये

प्रो. रजनीश जैन
सचिव

Prof. Rajnish Jain
Secretary



विश्वविद्यालय अनुदान आयोग
University Grants Commission

(मानव संसाधन विकास मंत्रालय, भारत सरकार)
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7th June, 2019

Subject: Celebration of International Day of Yoga.

Respected Madam/Sir,

This is in continuation of my earlier letter of even number dated 20th March, 2019 regarding celebration of International Day of Yoga (IDY), 2019 which is to be celebrated on 21st June, 2019. It is believed that your esteemed university would have planned events / activities for successful observance of International Day of Yoga. The Ministry of Human Resource Development vide its letter no. 304/2019-U.5(pt.) dated 7th March, 2019 has forwarded the Common Yoga Protocol 2019 received from Ministry of AYUSH which is available at <http://www.ayush.gov.in/event/common-yoga-protocol-2017> for your ready reference.

The central event of IDY, as in the previous years, shall be the Mass Yoga Demonstration based on Common Yoga Protocol (CYP). The objective of this exercise is to make all participants aware of the immense rewards that the pursuit of yoga can bring to an individual, and inspire them to continue the practice of Yoga beyond the Yoga Day.

You are, therefore, requested to organize a Mass Yoga Demonstration based on CYP on 21st June, 2019 from 07:00 AM to 08:00 AM with participation of staff, teachers and students and also upload an action plan and the activities/photographs/videos of events conducted in your institution on UGC's University Activity Monitoring Portal (<https://www.ugc.ac.in/uamp/>). Necessary instructions may also be communicated to the colleges/institutes affiliated to your university.

With kind regards,

Yours sincerely,

(Rajnish Jain)

The Vice-Chancellor of all Universities.