



ज्ञान-विज्ञान विमुक्तये

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सचिव

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Secretary



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University Grants Commission

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18th June, 2020

**Subject: Celebration of International Yoga Day – 2020 (IDY)
(Yoga at home and Yoga with family)**

Dear Madam/ Sir

This is with reference to MHRD letter No.16-17/2018 NS-I dated.17th June, 2020 for Celebration of International Yoga Day – 2020. In this regard, you are requested to observe International Yoga Day – 2020 (IDY), with a focus on Social –Distancing as no mass gathering is possible due to the COVID-19 pandemic. Therefore, Universities and Colleges are requested to encourage Students and Faculty members to perform **Yoga at home and Yoga with family** for building immunity and relief from stress. This could be done by using social media platforms like Youtube, Facebook, Twitter, Instagram etc. to upload videos and facilitate online participation.

- I. Internal guidelines may be issued by HEIs to motivate teachers to use online platforms to encourage the Youth and activities like lectures, workshops and online training sessions may be organized. They may also be encouraged to use Diksha Platform as a dedicated Yoga Channel.
- II. For celebrating IDY Common Yoga Protocol (CYD) Drill may be joined on 21.06.2020 at 7 am, which is a 45 minutes Yoga Protocol developed by accomplished Yoga experts. Complete details regarding this will be available on Ministry of Ayush's Social Media Platforms.
- III. Participatory videos of International Yoga Day (IDY) by HEIs may be shared in a template available on the UGC University Activity Monitoring Portal (UAMP) <https://ugc.ac.in/uamp/>.

With kind regards,

Yours sincerely,

(Rajnish Jain)

To,

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