



Ref. No.: TIAS/DIR.Off/2019-20/079

Date: 20.06.2020

NOTICE



Subject: Observation of International Day of Yoga (IDY) on June 21, 2020.

International Day of Yoga is celebrated all over the world every year on June 21 after a historic declaration by United Nations General Assembly (UNGA) to remind the people across the globe about the benefits of Yoga and to build enduring public interest by highlighting its importance and contributions to public health. Due to Coronavirus COVID-19 Pandemic outbreak - with a focus on Social Distancing as no mass gathering is possible. Institute requests and encourage Students and Faculty members to perform Yoga at home and Yoga with family for building immunity and relief from stress. Further, reference GGSIP University directions Institute is observing International Day of Yoga on 21.06.2020 (Sunday); and the Ministry has urged the people to learn and collectively do Yoga at 07.00 AM on June 21, 2020 (Sunday) from the safety of their homes and thereafter regularly practicing at home.

We request all of you to join by using social media platforms like ZOOM, Youtube, Facebook, Twitter, Instagram etc and also upload videos & share your selfie of online participation through this platform.

The protocol to be followed as under:-

- Link up on the ZOOM Meeting at 07:00 AM on 21.06.2020
- Minute to Minute of the Program is attached.
- All students & Faculty members are requested you click their at least 01 SELFIE with GEOTAG performing Yoga at home with family for building immunity and relief from stress.
- Kindly record the participation in the Performa given on Annexure 4

All the Deans/HoDs/ Faculty Members & Students of MBA, MCA, BBA, BA(JMC) & BCA Programs of Institute along to sensitize and to observe the International Day of Yoga from their homes.

Director

Copy to

All HoDs (MBA, MCA, BBA, BA(JMC) & BCA)

Students Welfare

ITC for uploading on website

The Ministry has recommended various digital resources along with the guidelines to learn and disseminate information on Yoga for all.

Annexure 3: Digital resources for Yoga@Home		
International Day of Yoga (IDY) Videos (Hindi & English) and Links of Videos		
S.No	IDY Videos-Common Yoga Protocol	YouTube Video Links
1.	International Day of Yoga 2019 I Common, (Yoga Protocol – HINDI)	https://www.youtube.com/watch?v=wgjZ_LyNLRw
2.	International Day of Yoga 2019 I Common, (Yoga Protocol- ENGLISH)	https://www.youtube.com/watch?v=K-GJh9GeOxE

Links of Ministry of Ayush Website, Social Media Handles & Institutes		
S.No.	Ministry of AYUSH/ Institutes	Website Links
1.	Ministry of AYUSH Website	https://main.ayush.gov.in/
2.	Yoga Portal - Ministry of AYUSH	https://yoga.ayush.gov.in/yoga/
3.	Ministry of AYUSH - Facebook Page	https://www.facebook.com/moayush/
4.	Ministry of AYUSH - Twitter	https://twitter.com/moayush
5.	Ministry of AYUSH-Instagram	https://www.instagram.com/ministryofayush/?h1=en
6.	Morarji Desai National Institute of Yoga (MDNIY)	https://www.yogamdny.nic.in/
7.	Central Council for Research in Yoga & Naturopathy,(CCRYN)	https://www.ccryn.gov.in
8.	National Institute of Naturopathy (NIN), Pune	https://punenin.org/index/htm
9.	Shri Ambika Kutir	https://www.ambikayogkutir.org
10.	Parmanand University Trust (Parmanand Institute of Yoga Sciences and Research)	https://www.parmyoga.org
11.	Sri Sri School of Yoga	https://www.srisrischoolofyoga.org
12.	The Yoga Institute	www.theyogainstitute.org
13.	Patanjali Yogpeeth (Trust)	www.divyayoga.com
14.	Swami Vivekananda Yoga Anusandhanasamsthana (S-VYASA)	www.svyasa.edu.in
15.	Kaivalyadhama Shriman Madhav Yoga Mandir Samiti, Kaivalyadhama Yoga Institute	www.kdham.com
16.	Krishnamacharya Yoga Mandiram	www.kym.org
17.	Yoga Vidya Gurukul	www.yogavidvagurukul.org
18.	Dev Sanskriti Vishwavidhyalaya	www.dsvv.ac.in
19.	Hata Yoga Abhyaasa and Prachaara Trust	www.a1000yoga.com
20.	Yoga Niketan Trust	www.yoganiketan.org
21.	Lovely Professional University-	www.lpu.in

Annexure 4: Participation details (Yoga@Home)			
IDY Participation 2020 - 21st June 2020			
S. No	Name of organization/ institute	Location	Number of People Participated (Yoga@Home)