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Fwd: Observing International Yoga Day (IYD) on 21.06.2022 – Reg.

1 message

Directortias <directortias@tecia.in>

Fri, Mar 25, 2022 at 5:41 PM

To: Tecnia Student Welfare <studentswelfare@tecia.in>, Fitindiayouth@tecia.in

Cc: IQAC <IQAC@tecia.in>, DEAN JMC <deanjmc@tecia.in>, Anmol Arora <tecniawebsite@tecia.in>

----- Forwarded message -----

From: **no-reply** <admin@aicte-india.org>

Date: Fri, Mar 25, 2022 at 5:22 PM

Subject: Observing International Yoga Day (IYD) on 21.06.2022 – Reg.

To: <directortias@tecia.in>

Dear Sir/Madam,
Greetings from AICTE New Delhi!

It is our pleasure to share with you information regarding International Yoga Day (IYD)- 2022 to be held on 21.06.2022 in Your Institutions, please find enclosed the Circular in this regard alongwith the link of google form to fill the information accordingly and send it to the concerned Regional Office after the completion of the celebration.

The details of link of google form which is prepared for institutions is given below:-

AICTE Approved Institutions to be the Part of "International Yoga Day (IYD) Celebration" on 21st June 2022 Under Azadi ka Amrit Mahotsav

Google form : https://docs.google.com/forms/d/1RiRv_58DNXoO3pv84qs4PC-EAZMhVlitDN7YTgn1__E/prefill

If you have any query, you may contact an email id: consultant1stdc@aicte-india.org & Telephone Number: 011-29581149

PFA:- <https://drive.google.com/file/d/1yJ-bWJ9ot4H72AhcM5jNj9Wpa75Q8Ju/view?usp=sharing>

Dr. Amit Dutta/ डॉ. अमित दत्ता

निदेशक / Director

छात्र विकास प्रकोष्ठ / Student Development Cell (StDC)

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प्रो. राजीव कुमार
सदस्य सचिव
Prof. Rajive Kumar
Member Secretary



सत्यमेव जयते

अखिल भारतीय तकनीकी शिक्षा परिषद

(भारत सरकार का एक सांविधिक निकाय)

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ALL INDIA COUNCIL FOR TECHNICAL EDUCATION

(A Statutory Body of the Govt. of India)

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File No.-STDC/Yoga Day Celebration/635/2021-2022

Date: - 24.03.2022

CIRCULAR

Subject: Observing International Yoga Day (IYD) on 21.06.2022 – reg.

“Yoga is the journey of the self, through the self, to the self”.

The 8th International Yoga Day (IYD) will be celebrated on 21st June 2022. It has been tried and tested that practicing Yoga helps in the development of stronger physical and mental well-being. The simple Yoga Kriyas help in regaining the sense of control and enables mind and body provide tools for better management of anxiety due to situation beyond control. All Universities/Institutions are advised to celebrate the 8th International Yoga on 21 June 2022.

Following events may be organized to celebrate the IYD 2022:

1. Each Institute may organize webinars – presentation – drama – cartoon/essay competition and other activities;
2. Building up and creating an impact on social media by uploading the picture doing yoga – snapshots to be uploaded on the portal of Ministry of Aayush – banners –standees – on most prominent areas of the Institutes;
3. Nationwide iconic sites, stylish building – spot to be identified nearby to the college: Each college should identify iconic sites and upload photo while performing;
4. The Institute can invite the Celebrity to grace the occasion as a Chief Guest on International Yoga Day - 2022.
5. Yoga break app to be used and propagated as it ensures and guides how to curb and control stress, obesity, sugar precisely with desk and office work. Being in the office – 15-20 minutes' gap is a must.
6. The Universities are advised to avoid conducting examination on IYD.
7. The Universities shall prepare a calendar of activities being done upto 21.06.2022.

Institutes may create an 'International Yoga Day 2022 link' at its website's homepage and may upload the information and pictures about the celebration.

So let us all celebrate the 'Yoga'-the union of our body and soul. The body has been so magnificently and artistically created by God, it is only fitting that we should maintain it in good health and harmony by the most excellent and artistic science of Yoga.

(Prof. Rajive Kumar)
Member Secretary

To,
All the Heads of Institutes affiliated to AICTE