



Anmol Arora <tecniawebsite@tecnia.in>

Fwd: International Day of Yoga (IDY) 2022

1 message

Vaishali Prasad <vaishaliprasad89@gmail.com>

Wed, Apr 20, 2022 at 5:22 PM

To: Directortias <directortias@tecnia.in>, Anmol Arora <tecniawebsite@tecnia.in>

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

From: **GGSIU NSS Cell** <nssc@ipu.ac.in>

Date: Wed, Apr 20, 2022, 16:52

Subject: Fwd: International Day of Yoga (IDY) 2022

To: <registrar@aimt.ac.in>, <registrar18@gmail.com>, <theacms@live.in>, <director@bcihmct.ac.in>, <director@bcii.ac.in>, <director@bcip.ac.in>, <admin@bcips.ac.in>, Director BCIPS <director@bcips.ac.in>, <sbscs@chandiwalaestate.org>, <bptindia@yahoo.com>, <coeddelhi@bharatividyapeeth.edu>, <mca@bvicam.ac.in>, CPJ College, Narela, Delhi <cpj.chs@gmail.com>, <info@awadh.org.in>, Dr. R. S. Singh <registrar@dpsr.in>, Delhi Institute of Advanced Studies <dias@dias.ac.in>, DIRD Holambi <dirdcollege456@gmail.com>, DIRD College <dirdcollege123@gmail.com>, info dme <info@dme.ac.in>, Director DME <director@dme.ac.in>, <guptamohit_11@yahoo.com>, <info@delhitechnicalcampus.ac.in>, <dttc_teacher@yahoo.com>, <fimtnd@gmail.com>, <infogias@gmail.com>, Prof. S Chaturvedi principal GBIS <gibs@gitarattan.edu.in>, Dr. Charu Sethi GNCE <gncedelhi@yahoo.com>, <Gnim_it@yahoo.co.in>, <grdced@yahoo.co.in>, <gtbit@rediffmail.com>, <gtbitrd@gmail.com>, <hmritmdirector@gmail.com>, <ideal_institute2@rediffmail.com>, <institute@isiconline.org>, <binduaggarwal123@rediffmail.com>, IITM <director@iitmipu.ac.in>, <director@iitmjp.ac.in>, <contact@jimsindia.org>, <jims.vk@jagannath.org>, <dyregistrar.kj@jagannath.org>, Director JIMS Kalkaji <director.kj@jagannath.org>, Dr. R.K.Raghuvanshi Chairman JIMSEMT <chairman@jagannath.org>, <kalkagroup.delhi@yahoo.com>, <krcollege@krcollege.in>, Dr. K. K. Garg Principal LLDIMS(Ligaya) LLDIMS <director.ldims@gmail.com>, <lbbcn@rediffmail.com>, Director MAIMS <director@mains.ac.in>, <mainsrohini@yahoo.co.in>, <satvirdeswal@hotmail.com>, <neelam_sr@yahoo.com>, <principalmsi@yahoo.co.in>, <director@msit.in>, <bmef_2@rediffmail.com>, <mvsit2015@gmail.com>, MERI COLLEGE <meribs@meri.edu.in>, <mbsarchitecture@gmail.com>, NDIM Delhi <ndimprincipal@gmail.com>, <niecnd.dir@gmail.com>, <pmc_coll@yahoo.com>, <pmccdelhi@gmail.com>, <swarupamitra@rediffmail.com>, <jyotsnasinha05@gmail.com>, <admin@rdias.ac.in>, <santharidasscollege@gmail.com>, <sirifortindia@gmail.com>, <sgtbimit@hotmail.com>, <info@srite.in>, <skce.ipu@gmail.com>, <directorrehab@tecnia.in>, st lawrence <slcg@stlawrence.in>, <college@ststephenshospital.org>, <sshdelhi@gmail.com>, <mail@ststephenshospital.org>, <consshdelhi@gmail.com>, Dr. Ajay Kumar <directortias@tecnia.in>, Prof. Barkha Bahl TIPS Director <tips@tips.edu.in>, <ise_vaka@yahoo.co.in>, <vditrd@yahoo.com>, VIPS Official <vipsedu@vips.edu>, Mr. Rebhava Raj Raghuvanshi KIHEAT <kamalinsitutehighereducation@gmail.com>, <director.management@sanskar.org>, <dr.nidhi.singhal@autism-india.org>, <director@bmiet.net>, <principal@bmiet.net>, <deepa.chugh@nhi.in>, Dr Geetika Dutta <principal.blmce@bvbdelhi.org>, <directorvits@gmail.com>, ACCMAN Business School <info@accmanbusinessschool.in>, <dineshgoel@rkgit.edu.in>, <chairman.gnitgroup@gmail.com>, <ditm.jain@gmail.com>, <infogn@united.ac.in>, Sant Gopichand Education & Welfare Society Ahera-Baghpat (U.P) <gopichand_society@yahoo.in>, Prof. Bhavna Agarwal <director@kccilhe.edu.in>, <mbicem0101@yahoo.com>, <info@dbti.in>, <directortipsgn@gmail.com>, <administration@hfhdelhi.org>, <info.sbit@gmail.com>, Trina Som <trina.som@adgitmdelhi.ac.in>, Ms. Dr. Saloni Goel PO AIE <nssaie2020@gmail.com>, Ms. Dr. Saloni Goel PO AIE <aiesalonig@gmail.com>, Dr. Jayant Sanyal BCIPS <jayant@bcips.ac.in>, Ms. Garima Bali BLMCE <garima.bali@blmce.ac.in>, Dr. Arunima Mishra <arunimamishra@bptindia.com>, <dr.poonamkathuria@gmail.com>, <shikhagupta@bptindia.com>, <shalinisharmamishra@bptindia.com>, <engineer.pooja90@gmail.com>, <mugdha.sharma145@gmail.com>, Dr. Karsingh BSAMC <bsamchdelhi@gmail.com>, Dr. Anil Kumar <anilcollegemail@gmail.com>, Dr. Vaidya Riju Agarwal CBPACS <rijuagarwal@gmail.com>, Gagan Bhayana PO CPJ <gagan.bhayana@cpj.edu.in>, Sakshi Anand <sakshi@dias.ac.in>, Dr. Smita Gupta DME <s.gupta@dme.ac.in>, Mr. Vinod Kumar PO DSPSR <vinodkumar@dpsr.in>, Ms. Renu PO FIMT <fimtss@gmail.com>, Mr. H.R. Meena GNDIT <meenahemraj1970@gmail.com>, Kalpana Singh <kalpanasankalp@gmail.com>, Brajesh Singh <brajeshsingh.dce@gmail.com>, Ms. Nahid Raees IVS <nahidraees719@gmail.com>, Dr. Manjula Shastri <hodbcm.kj@jagannath.org>, Dr. Rashmi Bhatia JIMS <hodbba.kj@jagannath.org>, Ms. Bhawna Galhotra JIMS, Rohini <bhavna.jims@gmail.com>, Ms. Bhawna Galhotra JIMS, Rohini <bhawna.galhotra@jimsindia.org>, Hakimuddin Khan JIMS VK Khan <hakimuddin.khan@jagannath.org>, Dr. Ravinder Nath Ji JIMSMETC <ravinderece.gn@jagannath.org>, Dr. Karunapati Tripathi MAIT <karunapati@gmail.com>, Dr. Vandana Singh MDNIY <mdniy@yahoo.co.in>, Dr. Vandana Singh MDNIY <vandana.singh.50@gmail.com>, Ms. Deepshikha Kalra MERI <deepshikha017@gmail.com>, Dr. Maitri Sawarn MERI <maitri.sawarn@gmail.com>, Dr. Vivek Solanki MSI <drviveksolanki@gmail.com>, Dr. Vivek Solanki MSI <viveksolanki@msi-ggsip.org>, Dr. Savita Ahlawat MSIT <savita.ahlawat@gmail.com>, Dr. Shubham Agarwal NDIM <shubhamagarwal@ndimdelhi.in>, Dr. Diwakar Jha <cmndmchrh@gmail.com>, Dr. Praveen Kumar CMLT HINDU RAO <hodpathhrh@gmail.com>, Dr. B.K. Pal , SCERT <delhibedscert@gmail.com>, ABHA KANSAL <abhasiwal@gmail.com>, <dmavnneetkaur@sgtbimit.com>, <amanpreetkaur@sgtbimit.com>, <nss@tecnia.in>, <vaishaliprasad89@gmail.com>, Dr. Deepali Saluja TIPS <deepalisaluja@rediffmail.com>, <chaturvedi.aparna.tirwa@gmail.com>, <shilpa.khatri.babbar@vips.edu>, <renu.vashisht@vips.edu>

Cc: Varun Joshi <varun.joshi@ipu.ac.in>

Dear Sir/Madam,

Please find enclosed the letter/s received from UGC regarding celebrating the International Day of Yoga (IDY) 2022.

Mail sent by
Deepak S. Chauhan (Jr. Asstt.)
 9968272584(M)

Thanks&Regards,
Prof. Varun Joshi
 NSS Program Coordinator,

Professor, USEM
A-002, A-Block, GGSIP University Main Campus
Sector - 16C, Dwarka, New Delhi-110078
Contact Details:
011-25302369 (Direct Landline)
9971122817 (M)

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

From: **Varun Joshi** <varun.joshi@ipu.ac.in>
Date: Wed, Apr 20, 2022 at 11:22 AM
Subject: Fwd: International Day of Yoga (IDY) 2022
To: ICNTRM 2020 GGSIPU <kumarrpi@gmail.com>, Dr. Durgesh Dr. Durgesh Tripathi <drdurgeshtripathi@ipu.ac.in>, GGSIPU NSS Cell <nsscell@ipu.ac.in>

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

From: **Registrar, GGS Indraprastha University, Delhi** <registrar@ipu.ac.in>
Date: Thu, Apr 7, 2022 at 11:17 AM
Subject: Fwd: International Day of Yoga (IDY) 2022
To: Director Student Welfare <dsw@ipu.ac.in>, DSW GGSIPU <dswggsipu@gmail.com>, Varun Joshi <varun.joshi@ipu.ac.in>

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

From: **Himangi Singh** <himangi.ugc@gmail.com>
Date: Thu, Apr 7, 2022 at 10:23 AM
Subject: International Day of Yoga (IDY) 2022
To: <nu_vc@yahoo.co.in>, <vc@anu.ac.in>, <aucv@andhrauniversity.info>, <vicechancellor@andhrauniversity.edu.in>, <vc_dravidianuniversity@rediffmail.com>, Vice Chancellor -JNTUK <vc@jntuk.edu.in>, <vc@jntua.ac.in>, <vcskuniversity@gmail.com>, <vcspmvv@yahoo.com>, <vcsvutpi@gmail.com>, <vicechancellorru@gmail.com>, <vc@yogivemanauniversity.ac.in>, <vc@dibru.ac.in>, <vc@gauhati.ac.in>, <pjh@gauhati.ac.in>, <vc@brabu.net>, <vcbnmu@gmail.com>, <vc@cnu.ac.in>, <vc-jpu-bih@nic.in>, <ksdsuvc@gmail.com>, <vc@lnmu.ac.in>, <vc-lnmu-bih@nic.in>, <vc-mu-bih@nic.in>, <vc-pu-bih@nic.in>, <vc@patnauniversity.ac.in>, <vcpatnauniversity@yahoo.com>, <tmbuvc@gmail.com>, <vc-tmbu-bih@nic.in>, <vc@vksu.ac.in>, <vc@hnlu.ac.in>, <vc@iksv.ac.in>, <vc_raipur@prsu.org.in>, <vc@unigoa.ac.in>, <vc@mkbhavuni.edu.in>, <vc@gnlu.ac.in>, <vcofficegu@gujaratuniversity.ac.in>, <vc@ngu.ac.in>, <jabali_vora@hotmail.com>, <vc@msubaroda.ac.in>, <vcspu@yahoo.co.in>, <vc_spu@spuvvn.edu>, Vice Chancellor Saurashtra University <vc@sauuni.ac.in>, <vc@vnsu.ac.in>, <vc@bpswomenuniversity.ac.in>, <vc@cdu.ac.in>, <vc@dcrustm.org>, <vc@gjust.org>, <vc@kuk.ac.in>, <vc.kuk@rediffmail.com>, Vice-Chancellor MD University, Rohtak <vc@mdurohtak.ac.in>, <vc@jboseust.ac.in>, <vc@hpuniv.ac.in>, <vc_hpu@hotmail.com>, <vc@bgsbu.ac.in>, <vc@islamicuniversity.edu.in>, <vcsecretariat@islamicuniversity.edu.in>, <shakilrom@iust.ac.in>, <vc@jammuuniversity.in>, <manojkdhar@rediffmail.com>, <vcoffice@kashmiruniversity.ac.in>, <vc@smvdu.ac.in>, <vc.ranchiuniversity@gmail.com>, <vc@ranchiuniversity.ac.in>, <vc@skmu.ac.in>, <vc@vbu.ac.in>, <vc@bub.ernet.in>, <vcdu_dvg@yahoo.in>, <vcgug@rediffmail.com>, <iamdaya62@rediffmail.com>, <dayamicro69@yahoo.com>, <kannadauniversity@gmail.com>, <rameshsc2010@gmail.com>, Vice Chancellor <vc@kud.ac.in>, <vc@kswu.ac.in>, <vc@kuvempu.ac.in>, <vc@mangaloreuniversity.ac.in>, <vc@uni-mysore.ac.in>, <vc@nls.ac.in>, <tumkuruniversityvc@gmail.com>, <vc@uoc.ac.in>, <rector@cusat.ac.in>, <vc@nkrty@gmail.com>, <vc@kannuruniv.ac.in>, <pstovc@kannuruniv.ac.in>, <vc@keralauty@gmail.com>, <vc@keralauniversity.ac.in>, <vc@mgu.ac.in>, <ssusvc2013@gmail.com>, <vcapsu@gmail.com>, <rjrao09@gmail.com>, <vcdavv@dauniv.ac.in>, <vcjugwlr@hotmail.com>, <vc.gramodaya@gmail.com>, <vc@nliu.ac.in>, <vijayakumar@nliu.ac.in>, <vcoffice@rgtu.net>, <rdvcc1@rediffmail.com>, <vcvikramujn@gmail.com>, <vc@bamu.ac.in>, <vc@dbatu.ac.in>, <kukale91@gmail.com>, <kksuvc@gmail.com>, <vc@kksu.org>, <vc@fort.mu.in>, <vc@nmu.ac.in>, <puvc@unipune.ac.in>, <vc@sgbau.ac.in>, VC Office <vcoffice@unishivaji.ac.in>, Prof. Shashikala Wanjari, Vice Chancellor Sndwtu <vc@sndt.ac.in>, <vc@sus.ac.in>, <vcoffice@srtmun.ac.in>, <vcoffice.srtmun@gmail.com>, <vc@nagpuruniversity.nic.in>, <vc@buodisha.edu.in>, <vcbuorissa@gmail.com>, <vcfmuniversity@gmail.com>, <vconou@rediffmail.com>, <vc@ravenshawuniversity.ac.in>, <ishanpatro@gmail.com>, <vc@suniv.ac.in>, <vicechancellor.sjsv@gov.in>, <vc@nlu.ac.in>, <vcuuc1@gmail.com>, <vc@vssut.ac.in>, <vcgndu@gmail.com>, <vc@gndu.ac.in>, <vc@pbi.ac.in>, <vc@pu.ac.in>, <vc@rgnul.ac.in>, <vcjnvu@gmail.com>, <vc@jnvu.edu.in>, <jrrsu@yahoo.com>, <vcmdsuajmer@gmail.com>, <vcmlsu@mlsu.ac.in>, <nlu-jod-rj@nic.in>, <vc@uniraj.ernet.in>, <vcuorj@gmail.com>, <vc@uok.ac.in>, <vc@suok@gmail.com>, <vicechancelloru@gmail.com>, <vc@annauniv.edu>, <aucvcm@gmail.com>, <vc@buc.edu.in>, <vc@bdu.ac.in>, <vcunom@gmail.com>, <vcunom@unom.ac.in>, <vcmkku@mkuniversity.org>, <vcoffice@msuniv.ac.in>, <vcmtwu@yahoo.com>, <vicechancellor@motherteresawomenuniv.ac.in>, <vcperiyar@periyaruniversity.ac.in>, <tamiluniv@gmail.com>, <vc@tndalu.ac.in>, <vcjntu@jntuh.ac.in>, <vc@kakatiya.ac.in>, <vc_mgu2007@yahoo.com>, <vc@kunalnital.ac.in>, The Vice-Chancellor, The University of Burdwan <vc@buruniv.ac.in>, <dpiwb1960@gmail.com>, <vc@telanganauniversity.ac.in>, <vc@bujhansi.org>, <vcocsjmu@gmail.com>, <vc@ccsuniversity.ac.in>, <vcddugu@gmail.com>, <vc@ddugu.ac.in>, <vc@rmlau.ac.in>, <vc@dbrau.org.in>, <vc@rmlnlu.ac.in>, <profyogeshdubey@gamil.com>, <vc@lkouniv.ac.in>, <vcoffice@mjrpu.ac.in>, <vc@mgkvp.ac.in>, <vcoffice@mgkvp.ac.in>, <vc@ssvv.ac.in>, <vc@dsnmru.ac.in>, <vc_vbspuniversity@rediffmail.com>, <vc@doonuniversity.ac.in>, <vcoffice@doonuniversity.ac.in>, <vc@kunalnital.ac.in>, The Vice-Chancellor, The University of Burdwan <vc@buruniv.ac.in>, <dpiwb1960@gmail.com>, <vc@bunsaha@gmail.com>, <sonalichakravartibanerjee@gmail.com>, <vc@jadavpuruniversity.in>, <vccklyuniv@gmail.com>, <vc_kalyani@klyuniv.ac.in>, <nbuvc@nbu.ac.in>, <vicechancellor@presidencyuniversity.in>, <vc@presiuniv.ac.in>, <vc@rbu.ac.in>, <vc@nujs.edu>, <vc@mail.vidyasagar.ac.in>, <vcconfidential@mail.vidyasagar.ac.in>, <vc@wbut.ac.in>, <vcvdu@dce.edu>, <vcvdu@dtu.ac.in>, <vc@ipu.ac.in>, <director@iiitd.ac.in>, <bose@iitd.ac.in>, <vc@nludelh.ac.in>, <vc@aud.ac.in>, <vc@ugb.ac.in>, <vcrcub@gmail.com>, <vc@nuals.ac.in>, <sunnydr2003@gmail.com>, <registrar@anu.ac.in>, <registrar@andhrauniversity.edu.in>, <dravidian.registrar@gmail.com>, <registrar@jntuk.edu.in>, <registrar@jntua.ac.in>, REGISTRAR SKU <registrar@skuniversity.ac.in>, <registrar@mahila@yahoo.com>, <spmvv.registrar@gmail.com>, <registrar@vuu@gmail.com>, Registrar Svu <registrar@svu.edu.in>, <registrar@vuu@gmail.com>, <registrar@vuu@gmail.com>, <registrar@vuu@gmail.com>, Registrar Gauhati University <registrar@gauhati.ac.in>, <registrar@brabu@gmail.com>, <registrar@bnmu-bih@nic.in>, <registrar@nlu.ac.in>, <ksdsureg@gmail.com>, <registrar@lnmu.ac.in>, <registrar-mu-bih@nic.in>, <registrar-pu-bih@nic.in>, <shambhunathchoudhary@gmail.com>, <registrar@vksu-arabihar@gmail.com>, <registrar@hnlu.ac.in>, <registrar@iksv.ac.in>, <registrar@prsu@gmail.com>, Registrar Goa University <registrar@unigoa.ac.in>, <registrar@mkbhavuni.edu.in>, <registrar@gnlu.ac.in>, <jchandra@gnlu.ac.in>, <registrar@gujaratuniversity.ac.in>, <regi@ngu.ac.in>, <dmpatelkada@yahoo.com>, <registrar@msubaroda.ac.in>, <registrar_spu@spuvvn.edu>, <jyoti_tiwari@spuvvn.edu>, <jyoti_tiwari@yahoo.com>, registrar Saurashtra University <registrar@sauuni.ernet.in>, <registrar@vnsu.ac.in>, <registrar@bpswomenuniversity.ac.in>, <registrar@cdu.ac.in>, <registrar@dcrustm.org>, <registrar@gjust.org>, <registrar@kuk@gmail.com>, Registrar MD University, Rohtak <registrar@mdurohtak.ac.in>, <registrar@jboseust.ac.in>, <registrar@hpuniv.ac.in>, <dradmnhpu@gmail.com>, <registrar@bgsbu@hotmail.com>, <registrar@islamicuniversity.edu.in>, <registrar@jammuuniversity@gmail.com>, <registrar@kashmiruniversity.ac.in>, Registrar <registrar@smvdu.ac.in>

<akc.hzb@gmail.com>, <s.k.m.university.dumka@gmail.com>, <registrar@vbu.ac.in>, <bu2registrar@gmail.com>, <drsvhalse@rediffmail.co.in>, <registrarug@rediffmail.com>, <registrar.kuddharwad@gmail.com>, <registrar.kswub@gmail.com>, <rsunandamma@yahoo.in>, <kureg14@gmail.com>, <registrar.mangaloreuniversity@gmail.com>, <registrar@mangaloreuniversity.ac.in>, <controller@mangaloreuniversity.ac.in>, registrar . <registrar@uni-mysore.ac.in>, <registrar@nls.ac.in>, <registrar.tut@gmail.com>, <reg@uoc.ac.in>, <registrar@cusat.ac.in>, <registrar@kannuruniv.ac.in>, <registrar.knruty@gmail.com>, <registrar@knruty.ac.in>, <reg@uoc.ac.in>, <registrar@keralauniversity.ac.in>, <registrar@mgu.ac.in>, <ssusreg@gmail.com>, <reg@ssus.ac.in>, <regapsu@gmail.com>, <registrar@bubhopal.nic.in>, <registrar@dauniv.ac.in>, <jureg_gwl@rediffmail.com>, <mgcg@rediffmail.com>, <registrar@nliu.ac.in>, <registrar@rgpv@gmail.com>, <registrar@vikram@gmail.com>, <registrar@bamu.ac.in>, <registrar@dbatu.ac.in>, <kksuregistrar1997@gmail.com>, <registrar@kksu.org>, Registrar <registrar@fort.mu.ac.in>, <registrar@nmu.ac.in>, <regis@unipune.ac.in>, <reg@sgbau.ac.in>, <registrar@unishivaji.ac.in>, <registrar@sndt.ac.in>, <registrar@sus.ac.in>, <srtnunregistrar@gmail.com>, <registrar@nagpuruniversity.nic.in>, <registrar@buorissa@gmail.com>, <registrar@buodisha.edu.in>, <assistantregistrarfmuniversity@gmail.com>, <registrar.nou123@gmail.com>, <registrar@ravenshawuniversity.ac.in>, <registrar@suniv.ac.in>, <registrar.sjsv@gov.in>, <registrar@nluo.ac.in>, <yogesh@nluo.ac.in>, <registrar@utkal-university.org>, <registrar@vssut.ac.in>, <reg_gndu@yahoo.com>, <registrar@pbi.ac.in>, <reg@pu.ac.in>, <reg@special@pu.ac.in>, <registrar@rgnul.ac.in>, <vatsnaresh@rgnul.ac.in>, <jnvuregistrar1962@gmail.com>, <registrar.mdsu@gmail.com>, <registrar@mlsu.ac.in>, <sharmas2012@gmail.com>, <registraruor@yahoo.com>, <registrar@uok.ac.in>, <registrar.alagappauniv@gmail.com>, <registrar@annauniv.edu>, <au_regr@ymail.com>, <reg@buc.edu.in>, <reg@bdu.ac.in>, <registrar@unom.ac.in>, <registrar.unom@gmail.com>, <mkuregistrar@rediffmail.com>, <registrar@msuniv.ac.in>, <registrar@motherteresawomenuniv.ac.in>, <registrar.periyar@gmail.com>, <tamilunivreg@gmail.com>, <registrar@tndalu.ac.in>, <pa2registrar@jntuh.ac.in>, <registrar@kakiya.ac.in>, <registrar_mgu@yahoo.co.in>, <registrar@nalsar.ac.in>, <registrar@osmania.ac.in>, <registrar@teluguuniversity.ac.in>, <registrar@telanganauuniversity.ac.in>, <registrar@bujhansi.org>, <registrar.csjmuknp@gmail.com>, <registrar@ccsuniversity.ac.in>, <registrar.dugu@gmail.com>, <registrar@rmlau.ac.in>, <registrar@dbrau.org.in>, <registrar@rmlnu.ac.in>, <jrhuniversity@yahoo.com>, <registrar@lkouniv.ac.in>, <registrar.mjpru@gmail.com>, <registrar@mgkvp.ac.in>, <registrar@ssv.ac.in>, <registrar.ofds@rgnul.ac.in>, <connectpuregistrar@gmail.com>, <registrar.doon@gmail.com>, <registrar@kunainital.ac.in>, The Registrar, The University of Burdwan <registrar@buruniv.ac.in>, <rgdc2000@gmail.com>, <registrar@admin.jdvu.ac.in>, <registrar@klyuniv.ac.in>, <regnbu@nbu.ac.in>, <regnbu@sancharnet.in>, <registrar@presiuniv.ac.in>, <registrar@rbu.ac.in>, <registrar@nujs.edu>, <registrar@mail.vidyasagar.ac.in>, <registrar@wbuniv.ac.in>, <registrar@dtu.ac.in>, Registrar, GGS Indraprastha University, Delhi <registrar@ipu.ac.in>, <registrar@iiitd.ac.in>, <registrar@nludelhi.ac.in>, <registrar@aud.ac.in>, <registrar@ugb.ac.in>, <rcuregistrar@gmail.com>, <registrar@nuals.ac.in>, <registrar@vskub.ac.in>, <registrar@vtu.ac.in>, <registrar@mgu.edu.in>, <registrar@makautwb.ac.in>, <registrar@kru.ac.in>, <pavankumarpindi@gmail.com>, <krtammineni@rediffmail.com>, <registrar@aknu.edu.in>, <registrar@jnafau.ac.in>, <registrar@snlu@gmail.com>, <registrar@kshvku@gmail.com>, <ssu.registrar@gmail.com>, <reg@npesu@rediffmail.com>, <upuafulucknow@gmail.com>, <registrar@usvv.ac.in>

Cc: Shakeel Ahmad DS <shakeel.ugc@nic.in>, shakeel_du <shakeel_du@yahoo.co.in>

7th April,2022

The Vice - Chancellors of all the State Universities

SUBJECT : International Day of Yoga (IDY) 2022.

Dear Sir/Madam,

I am forwarding herewith a copy of UGC letters of the Secretary, UGC regarding International Day of Yoga 2022 which are self explanatory. A copy of the same is enclosed for ready reference. You are requested to organize various activities as suggested in the said UGC letters and share their participatory videos of International Day of Yoga on the UGC University Activity Monitoring Portal (UAMP) <https://uamp.ugc.ac.in/>


(Dr. Shakeel Ahmad)
Joint Secretary (SU)


Copy to:
Registrar of all State Universities

--
Thanks and Regards,
Himangi Singh
Young Professional
University Grants Commission (UGC)

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Dr Varun Joshi
Professor
University School of Environment Management
Guru Gobind Singh Indraprastha University
Sector 16-C, Dwarka, New Delhi 110078
Ph 011 25302369

2 attachments

 **UGCLetter_Yoga_Day_2022.pdf**
1263K

 **LETTER dated 6th April 2022 reg IDY 2022 0001.pdf**
525K



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)

बहादुरशाह जफ़र मार्ग, नई दिल्ली-110002
Bahadur Shah Zafar Marg, New Delhi-110002

Ph.: 011-23236288/23239337

Fax : 011-2323 8858

E-mail : secy.ugc@nic.in

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



ज्ञान-विज्ञान विमुक्तये

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

6th April, 2022

Sub: International Day of Yoga (IDY) 2022

Respected Madam/Sir,

This is in continuation of UGC letter of even number dated 25th March, 2022 on the subjected mentioned above, you are requested to chalk out a detailed activity plan month-wise from April to June, 2022 to organize various activities related to yoga.

You are also advised to invite renowned personalities for the event on International Day of Yoga (IDY) 2022.

The events on IDY 2022 may also be organized showing the iconic site of your institution in the backdrop.

You are requested to send the detailed activity plan leading to IDY 2022 on the link given below latest by 11th April, 2022:

[https://docs.google.com/forms/d/e/1FAIpQLSfZCYl3N4M8VawramX1s0Jn6hXakSdFbG bXL5xTfOoExVO38g/viewform?usp=sf link](https://docs.google.com/forms/d/e/1FAIpQLSfZCYl3N4M8VawramX1s0Jn6hXakSdFbG bXL5xTfOoExVO38g/viewform?usp=sf_link)

With kind regards,

Yours sincerely,

(Rajnish Jain)

To

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