



Fit India Youth Club <fitindiayouth@tecnia.in>

Fwd: 9th International Day of Yoga (IDY) on 21st June, 2023.

1 message

Directortias <directortias@tecnia.in>

Thu, Jun 22, 2023 at 11:39 AM

To: Nss Tecnia <Nss@tecnia.in>, Fit India Youth Club <Fitindiayouth@tecnia.in>, ebsb@tecnia.in, HOD BBA <hodbba@tecnia.in>, hod bca <hodbca@tecnia.in>, HOD MBA <hodmba@tecnia.in>, HOD BAJMC <hodbajmc@tecnia.in>

For information and necessary compliance.

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

From: **All India Council for Technical Education(no-reply)** <admin@aicte-india.org>

Date: Tue, Jun 20, 2023 at 2:24 PM

Subject: 9th International Day of Yoga (IDY) on 21st June, 2023.

To: <directortias@tecnia.in>

F. No. AICTE/P&AP/Misc/2023/

Dated: 19.06.2023

CIRCULAR

To

**All Vice Chancellors of Technical Universities and
All Directors/ Principals of AICTE Approved Institutions,**

Subject: 9th International Day of Yoga (IDY) on 21st June, 2023.

International Day of Yoga (IDY) is celebrated every year on 21st June. It has been worldwide celebration for the past 08 years and has effectively facilitated the global dissemination of the significance of practising Yoga for overall health and well-being and enduring sustainable lifestyle. The theme for this year is "Yoga for Vasudhaiva Kutumbakam". The Domestic tagline for IDY '23 is "Har Angan Yog" being propagated to bring Yoga to every household at the grassroot level. The following activities are suggested at technical institutions level:

- The Common Yoga Protocol shall be practiced on 21st June 2023, followed by a suitable and befitting programme on Yoga by students.
- 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.
- Universities/Institutions in official newsletter/bulletin/magazine may publish articles and other related matter about Yoga.
- Institutions may encourage the staff and students to participate in online activities/competitions being organized by the Ministry of Ayush through MyGov Portal.
- Institutions may plan long term activities related to Yoga for the benefit of their students/staff.
- Institutions may create permanent Yoga facilities for the practice on regular basis within the Institute.
- Students and staff may be encouraged to participate in live online Yoga discourses with prominent Yoga Gurus for insightful discussion.

All the technical universities and their affiliated colleges/institutions are requested to organize various activities engaging faculty members, staff and students as suggested above and share their participatory videos of International Day of Yoga with AICTE at form <https://forms.gle/d7dvoaYaa5aWjJgt8> .

Annexure-I

Suggestive Activities of Ministries/Department on IDY 2023

Common Yoga Protocol

- Activities as per PPT attached.
- Observe IDY from Desert to Forest, River to sea, Village to Industry, toddler to Old Age. (Anganwadi to Old Age home-People under palliative care)
- Encourage employees to participate in activities already hosted on MyGov platform.
- Display IDY logo and Banners on website, PM's Quotes on Yoga and Offices/Abs, subordinate and attached organizations.
- Propagation at Amrit Sarovars, hospitals, health and wellness centers, police stations, bus stations, panchayat, municipality-corporation-taluk-village offices, Resident Welfare Associations.
- Y-Break protocol/app may be introduced to all government offices.
- Publishing Yoga and IDY specific articles in official e-newsletters, bulletins, magazines etc.
- Organizing Yoga webinars, workshops. Employees may be encouraged to participate in these and get quality training in the same.
- Promotion in IDY activities through social and cultural programs, nukkad natak etc.
- Making and disseminating IDY promotional videos by prominent celebrities/sports persons, yoga gurus, cultural icons etc.
- Usage of eco-friendly yoga products and accessories.
- Using ASHA/ANM workers, SHGs, Youth organizations. Volunteers, prominent sports bodies, corporates, startups, clubs and associations to spread the message of Yoga.
- Encouraging common people to participate in IDY campaign activities organized by CSCs and Commonwealth Community Radio (CEMCA).
- Sharing of the videos/ photos of the IDY observations at the following (Email: idy2023ayush@gmail.com) with description of place and number of participants.
- Creatives and other material for IDY 2023 amplification are available at <https://bit.ly/45OC60n>

PFA: https://drive.google.com/file/d/1t_5e8TYZ2R413Cexiw1Kf-w_uS9UONbe/view?usp=sharing

PFA: https://drive.google.com/file/d/1c5rA1j699akOpKpJhI2k_aHLNmQ5SOD1/view?usp=sharing

Regards

(Dr. Dinesh Singh)

Director

Policy & Academic Planning Bureau



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