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P. N. Ranjit Kumar

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VCS .. 2/11/19 ..
Date .. 20/4/19 ..



सत्यमेव जयते

भारत सरकार

आयुष मंत्रालय

आयुष भवन, 'बी' ब्लाक, जी.पी.ओ. कॉम्प्लेक्स,

आई.एन.ए., नई दिल्ली-110023

GOVERNMENT OF INDIA

MINISTRY OF AYUSH

AYUSH BHAWAN, B-BLOCK, GPO COMPLEX

INA, NEW DELHI-110023

D.O. No. M-16011/08/2019-YN

11th April, 2019

Dear Sir,

I am happy to inform that the Ministry of AYUSH has taken up the preparations for the observation of 5th International Day of Yoga (IDY) on 21st June, 2019. As you would agree, the onus of taking the momentum that was created by International Days of Yoga celebrated in 2015, 2016, 2017 & 2018 forward, with greater and active participation of public during the current year's celebrations, rests not just on the Ministry of AYUSH, but on all stake holders.

2. Greater emphasis will be given this year i.e. 2019 on the role of Universities in involving their students and staff including those from all the affiliated colleges in various activities as a part of the IDY- 2019 observations. Your esteemed University is requested to issue necessary guidelines to all institutions including the affiliated colleges to organize Yoga workshops and relative activities for their students and staff. Yoga Programs may be held in colleges to promote Yoga among youth and invoke the sentiment of National Pride in spreading Yoga to the rest of the world. Students could also be encouraged to adopt Yoga as a part of campus activities to encourage physical well-being.

3. The focus of activity on IDY 2019, on as in previous years, would be on group yoga demonstrations based on Common Yoga Protocol (CYP). As you are aware, CYP consists of 45-minute sequence of relatively simple yoga drills put together as a protocol by some of the renowned yoga experts in country. It is designed to provide maximum physical and intellectual benefits to the maximum number of people. Details of CYP are available for free download in video and e-book formats at <http://ayush.gov.in> Qualified Yoga trainers would be able to provide complete CYP training to students over 15 one-hour sessions, which can ideally be spread over 15 days. You are requested to consider issuing advisories to all concerned to expose students and other potential participants of IDY to CYP well in advance.

4. During IDY 2019 observations, there would be summer vacations in most of the colleges. University may, therefore advice all the affiliated colleges to facilitate successful conduct of International Day of Yoga observations by teachers and students on 21st June, 2019 by keeping the essential facilities at colleges open during that period.

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5. The Ministry of AYUSH would be keen to hear about the steps taken by your university in this regard.

With kind regards,

Yours sincerely,



(P.N. Ranjit Kumar)

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