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सत्यमेव जयते

अखिल भारतीय तकनीकी शिक्षा परिषद्

(भारत सरकार का एक सांविधिक निकाय)

मानव संसाधन विकास मंत्रालय, भारत सरकार

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ALL INDIA COUNCIL FOR TECHNICAL EDUCATION

(A Statutory Body of the Govt. of India)

Ministry of Human Resource Development, Govt. of India

Nelson Mandela Marg, Vasant Kunj, New Delhi-110067

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**CIRCULAR**

To

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

**Subject: International Day of Yoga (IDY) 2022.**

Respected Madam/Sir,

International Day of Yoga (IDY) is celebrated every year on 21<sup>st</sup> June. This year the IDY is planned to be celebrated on a large scale and is targeted to achieve at least 25 crore participation. In order to bring more participants into the fold, the following activities are suggested at technical institutions level:

- The Common Yoga Protocol shall be practiced on 21<sup>st</sup> June 2022, 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 as suggested above and share their participatory videos of International Day of Yoga with AICTE at <https://forms.gle/FEzUw3UKDEGkdBKdA>.

Regards

(Dr. Ramesh Unnikrishnan)

Advisor-II

Policy & Academic Planning Bureau



सूचना का  
अधिकार