

From: <[admin@aicte-india.org](mailto:admin@aicte-india.org)>

Date: Sun, Jun 19, 2022 at 6:52 PM

Subject: Information : International Day of Yoga (IDY) 2022 -Regarding

Dear Sir/Madam,

Greetings from All India Council for Technical Education!

We are happy to inform you that International Day of Yoga (IDY) is celebrated every year on 21st 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 institutions level:

1. The Common Yoga Protocol shall be practiced on 21st June 2022, followed by a suitable and befitting programme on Yoga by students.
2. Universities/institutions may organize Yoga related activities such as lectures, workshops, training programmes etc. by inviting Yoga experts. Minimum 15 days Yoga
3. 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.
4. 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.
5. Universities/institutions may display Yoga Charts and Standees inside their campus' Details may be obtained from the Yoga portal of the Ministry of Ayush.
6. Universities/institutions in the official newsletter/bulletin/magazine may publish articles and other related matters about Yoga.
7. Institutions may encourage the staff and students to participate in online activities/competitions being organized by the Ministry of Ayush through MyGov Portal.
8. Institutions may plan long term activities related to Yoga for the benefit of their students/staff.
9. Institutions may create permanent Yoga facilities for the practice on a regular basis within the Institute.
10. Students and staff may be encouraged to participate in live online Yoga discourses with prominent Yoga Gurus for insightful discussion.

Google form link :

<https://forms.gle/FEzUw3UKDEGkdBKdA>

In view of the above, AICTE requests your Institution(s) to kindly disseminate this information among all the faculty members, Students, staff & others so they can take the benefits from this International Day of Yoga and organize various activities as suggested above and share their participatory videos of International Day of Yoga with AICTE at : <https://forms.gle/FEzUw3UKDEGkdBKdA>

PFA: [https://drive.google.com/file/d/1NtKiljdm-C3Q904SoWWo-H\\_hGyOXKylA/view?usp=sharing](https://drive.google.com/file/d/1NtKiljdm-C3Q904SoWWo-H_hGyOXKylA/view?usp=sharing)

**Best regards,  
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