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Secretary



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University Grants Commission

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Subject: Celebration of International Day of Yoga - 2021(IDY)
(Be with Yoga, Be at Home!)

Dear Sir/Madam,

As you are aware that International Day of Yoga is celebrated on 21st June of every year with the objective of reminding the people across the country about the benefits of Yoga and to build enduring public interest in the same. Accordingly, the Universities and Colleges are requested to celebrate 7th International Day of Yoga (IDY)-2021 observing COVID- appropriate behaviour.

The Students, Faculty Members, Officers and Staff may be encouraged to perform Yoga with the theme "Be with Yoga, Be at Home" for building immunity and relief from stress and also take online pledge to make Yoga integral part of their life at <https://yoga.ayush.gov.in/> . Following are the important links for celebration of International Day of Yoga -2021:

- Common Yoga Protocol
- Suggested Activities For IDY 2021
- Major Events
- Know more about Yoga
- IDY Globally
- IDY Handbook Reference for organisers of promotional activities for International Day of Yoga (IDY) – 2021

It is advised to maximise the use of digital, virtual and electronic platform over physical congregation of people. This could be done by using social media platforms like YouTube, Facebook, Instagram, twitter etc. to upload videos and facilitate online participation in IDY-2021 on 21st June, 2021.

Participatory videos of International Day of Yoga (IDY) by HEIs may please be shared on the UGC University Activity Monitoring Portal (UAMP) <https://ugc.ac.in/uamp/Default.aspx>

With kind regards,

Yours sincerely

(Rajnish Jain)

To
The Vice Chancellors of all the Universities
The Principals of all the Colleges