



Dated: 19 June, 2020

**NOTIFICATION**

Please find enclosed herewith letter No. D.O. No. F 14-13/2015(CPP-II) dated- 18<sup>th</sup> June, 2020 of Prof. Rajnish Jain, Secretary, University Grants Commission, Ministry of Human Resource Development, Govt. of India, New Delhi, regarding **Celebration of International Yoga Day- 2020 (IDY) (Yoga at home and Yoga with family)**, which is self explanatory.

This is for information and necessary compliance by all concerned.

Encl.: as above.

*Akshamm*  
**ASSISTANT REGISTRAR**  
(General Administration)

Ref. No. R/GAD/Misc./156/IDY/ 6 2 6 8 7

; of date: 19/06/2020

1. The Directors of Institutes/Deans of Faculties/Heads of Deptts/Offices/Sections/Unites,
2. Hony. Director, Malaviya Bhawan,
3. The Principal, Mahila Mahavidyalaya,
4. The Principal, College/Schools,
5. The Coordinator/Administrative Warden/Warden of the Hostels,
6. Professor-Incharge, RGSC (Barkachha),
7. The Chief Proctor,
8. The Finance Officer,
9. The Dean of Students,
10. The Superintending Engineer, UWD & EWSS,
11. The Controller Examinations,
12. The Coordinator of Schools/Centres,
13. The Medical Superintendent, S.S. Hospital,
14. Professor-Incharge, Trauma Centre, IMS,
15. The Information & Public Relations Officer,
16. The CMO Incharge, University Employees Health Care Complex,
17. The CMO Incharge, University Students Health Care Complex,
18. All the Joint Registrar/Dy. Registrar/Asstt. Registrar/Hindi Officer/Law Officer,
19. The Assistant Registrar & Secretary to the Vice-Chancellor,
20. The Assistant Registrar, Office of the Registrar,
21. The Training & Placement Officer,
22. The Student Counsellor,

**BANARAS HINDU UNIVERSITY**

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प्रो. रजनीश जैन  
सचिव

Prof. Rajnish Jain  
Secretary



सत्यमेव जयते

विश्वविद्यालय अनुदान आयोग  
**University Grants Commission**

(मानव संसाधन विकास मंत्रालय, भारत सरकार)  
(Ministry of Human Resource Development, Govt. of India)

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D.O.No F 14-13/2015(CPP-II)

18<sup>th</sup> June, 2020

**Subject: Celebration of International Yoga Day – 2020 (IDY)  
(Yoga at home and Yoga with family)**

Dear Madam/ Sir

This is with reference to MHRD letter No.16-17/2018 NS-I dated.17<sup>th</sup> June, 2020 for Celebration of International Yoga Day – 2020. In this regard, you are requested to observe International Yoga Day – 2020 (IDY), with a focus on Social –Distancing as no mass gathering is possible due to the COVID-19 pandemic. Therefore, Universities and Colleges are requested to encourage Students and Faculty members to perform **Yoga at home and Yoga with family** for building immunity and relief from stress. This could be done by using social media platforms like Youtube, Facebook, Twitter, Instagram etc. to upload videos and facilitate online participation.

- I. Internal guidelines may be issued by HEIs to motivate teachers to use online platforms to encourage the Youth and activities like lectures, workshops and online training sessions may be organized. They may also be encouraged to use Diksha Platform as a dedicated Yoga Channel.
- II. For celebrating IDY Common Yoga Protocol (CYD) Drill may be joined on 21.06.2020 at 7 am, which is a 45 minutes Yoga Protocol developed by accomplished Yoga experts. Complete details regarding this will be available on Ministry of Ayush's Social Media Platforms.
- III. Participatory videos of International Yoga Day (IDY) by HEIs may be shared in a template available on the UGC University Activity Monitoring Portal (UAMP) <https://ugc.ac.in/uamp/>.

With kind regards,

Yours sincerely,

(Rajnish Jain)

To,

- The Vice Chancellors of all Universities
- The Principals of all Colleges