



Dr. Jagada Nand Jha <principal@mitmuzaffarpur.org>

## Celebration of International Day of Yoga, 2020- regarding

1 message

no-reply <admin@aicte-india.org>

19 June 2020 at 10:35

To: principal@mitmuzaffarpur.org

Dear Sir/ Madam,

Greetings from All India Council for Technical Education!

AICTE is in-receipt of a letter No I6- 17/2018 NS-1 dated 17/06/2020 from the Ministry of Human Resource Development along with a DO No 16011/42/2019--YN dated 04/06/2020 from Ministry of Ayush regarding the wide publicity for celebrating the International Day of Yoga (IDY) on 21/06/2020. A brief of the contents of the letter is as follows:-

- 1) Due to the current pandemic, the observation of IDY needs to be re-purposed with a focus on social-distancing as no mass gathering is possible.
- 2) People may be encouraged to pursue Yoga from their home for building immunity and relief from stress.
- 3) Extensive use of social media platforms like YouTube, Facebook, Twitter, Instagram, etc. may be made to facilitate online participation from the people.
- 4) 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 the Ministry of Ayush's Social Media Platforms.
- 5) Internal guidelines may be issued to motivate teachers to use online platforms to encourage Youth and activities like lectures, workshops, and online training sessions may be organized.
- 6) Usage of Diksha Platform as a dedicated Yoga channel.

AICTE requests you to prioritize the activities mentioned above and ensure to record participation on the final day.

Annexure I "I want to be a part of IDY - 2020. What should I do?" is attached for your ready reference.

PFA;- [https://drive.google.com/file/d/1pvxIO\\_9EiTKPzEbkzKTCwVvk4BSu4e2c/view?usp=sharing](https://drive.google.com/file/d/1pvxIO_9EiTKPzEbkzKTCwVvk4BSu4e2c/view?usp=sharing)

Warm regards,  
AICTE

HC  
Pl. ensure, the  
conduct of yoga - online  
for the  
19/6/20

## I want to be a part of IDY -2020. What should I do?

Congratulations for deciding to be a part of IDY- 2020.

Yoga is an invaluable ancient practice of India with multiple physical and mental health benefits. The Covid 19 crisis and the consequent restrictions on movement of people and slowing down of economic activity have led the entire world into difficult times. In this scenario, the rewards of Yoga are very relevant. Of particular importance are (i) its proven positive impact on general health and immunity enhancement, and (ii) its globally accepted role as a stress reliever.

While mass performance of Common Yoga Protocol (CYP) will remain at the heart of the observation of IDY this year also (as in previous years), this will be done in a non-congregative way, in the respective homes of participants. You and your family can join thousands of others by doing the 45- minute long CYP drill at 7.00 AM on 21<sup>st</sup> June 2020 at home. The CYP is a Yoga Protocol developed by accomplished Yoga experts, to facilitate harmony in the observation of IDY. Over the last few years, it has become one of the most popular Yoga programmes in the world. It is designed to be easily adoptable by the majority of the people irrespective of age and gender differences, with a training sessions. (Individuals facing health issues are advised to consult a physician before taking up Yoga practice).

To make the observation of IDY at home feasible, the Ministry of AYUSH and other stake-holders have been running multiple training programmes on Yoga and CYP. These programmes are being intensified, and daily online sessions on Common Yoga Protocol will be streamed on the Ministry's Social Media Platforms as well as partnering TV Channels. You may watch the Ministry's social media handles for details. Announcement on specific activities for 21<sup>st</sup> June 2020 will also be made on these channels. Various reputed Yoga institutions will also be imparting online training lessons in CYP in the coming days. Please use these resources and prepare yourself and your family in advance for IDY-2020.

If you are already trained in CYP, please start teaching the same to your family members.

June 21<sup>st</sup> is just a few days away. Prepare yourself, and be there to do Yoga with the world.

See you at 7.00 AM on 21<sup>st</sup> June 2020.