



इंस्टीट्यूट ऑफ इंजीनियरिंग एण्ड टेक्नोलॉजी,  
सीतापुर रोड, लखनऊ-226021  
(घटक महाविद्यालय, डा0 ए0 पी0 जे0 अब्दुल कलाम प्राविधिक  
विश्वविद्यालय, लखनऊ)



आई0ई0टी0-61/सामान्य/2020- 10442

दिनांक: 28 जून, 2020

समस्त विभागाध्यक्ष/अनुभाग प्रमुख/समस्त डीन्स/ प्रभारी अधिकारी, सिविल एवं विद्युत  
अनुक्षण/प्रभारी, पुस्तकालय/वित्त एवं लेखाधिकारी/ कोऑर्डिनेटर, NPIU/कुलसचिव कार्यालय

कृपया विश्वविद्यालय से प्राप्त कार्यालय आदेश संख्या: ए0के0टी0यू0/कुस0का0 /स्थापना /  
2020/5452 दिनांक: 17 जून, 2020 (छायाप्रति संलग्न) का सन्दर्भ ग्रहण करने का कष्ट करें। उक्त  
कार्यालय आदेश के साथ संलग्न भारत सरकार आयुर्वेद योग एवं प्राकृतिक चिकित्सा यूनानी सिद्ध,  
सोमा-रिग्या एवं होम्योपैथी (आयुष) मन्त्रालय, आयुष भवन, नई दिल्ली के पत्र संख्या:  
एम0-16011/42/2019-वाई.एन. 08 जून, 2020 जो संस्थान की वेबसाइट पर उपलब्ध है में उल्लिखित  
व्यवस्थानुसार संस्थान के समस्त शैक्षिक/शिक्षणोत्तर कर्मचारियों को सूचित किया जाता है कि दिनांक: 21  
जून, 2020 को योग दिवस के अवसर पर प्रातः 07.30 बजे आनलाइन जूम द्वारा अपने निवास पर  
योगाभ्यास किया जाना है।

अतः आप सभी से अपेक्षा है कि उपरोक्त योग दिवस पर जूम App के माध्यम से अपने घर पर  
ही योग करने का कष्ट करें।

संलग्नक- यथोक्त।

(डा0 प्रदीप बाजपेयी)  
कुलसचिव

प्रतिलिपि:-निम्नलिखित को सूचनार्थ एवं आवश्यक कार्यवाही हेतु प्रेषित।

1. निदेशक महोदय को सूचनार्थ प्रेषित।
2. सिस्टम मैनेजर को इस आशय से प्रेषित कि उपरोक्त उल्लिखित भारत सरकार के पत्र एवं उक्त के  
संलग्नक संस्थान वेबसाइट पर अपलोड करने का कष्ट करें।

(डा0 प्रदीप बाजपेयी)  
कुलसचिव



डा0 ए0पी0जे0 अब्दुल कलाम प्राविधिक विश्वविद्यालय उत्तर प्रदेश

**DR. A.P.J. ABDUL KALAM TECHNICAL UNIVERSITY**

**(Formerly UP Technical University)**

सेक्टर-11, जानकीपुरम विस्तार योजना, लखनऊ-226031

कार्यालय आदेश

भारत सरकार आयुर्वेद योग एवं प्राकृतिक चिकित्सा यूनानी, सिद्ध, सोमा-रिग्पा एवं होम्योपैथी (आयुष) मंत्रालय, आयुष भवन, नई दिल्ली के पत्र संख्या एम-16011/42/2019-वाईएन दिनांक 08 जून, 2020 (छायाप्रति संलग्न) में उल्लिखित व्यवस्थानुसार द्वारा विश्वविद्यालय के समस्त अधिकारियों/कर्मचारियों को सूचित किया जाता है कि दिनांक 21 जून, 2020 को योग दिवस के अवसर पर प्रातः 7:30 बजे आन लाइन जूम द्वारा अपने निवास पर योगाभ्यास किया जाना है। आपको इसके लिए WHATS APP/E-MAIL पर लिंक उपलब्ध करा दिया जायेगा।

अतः आप सभी से अपेक्षा है कि उपरोक्त योग दिवस पर आप जूम APP के माध्यम से अपने घर पर ही योग करना सुनिश्चित करें।

संलग्नक:-यथोक्त

(नन्द लाल सिंह)

कुलसचिव

पत्रांक: ए0के0टी0यू0/कुस0का0/स्थापना/2020/5452

दिनांक: 7 जून, 2020

प्रतिलिपि निम्नलिखित को सूचनार्थ:-

1. वित्त अधिकारी, ए0के0टी0यू0, लखनऊ।
2. परीक्षा नियंत्रक, ए0के0टी0यू0, लखनऊ।
3. निदेशक, सेन्टर फार एडवांस स्टडीज, ए0के0टी0यू0, लखनऊ।
4. निदेशक, उत्तर प्रदेश इंस्टीट्यूट आफ डिजाइन, नोएडा।
5. निदेशक, इंस्टीट्यूट आफ इंजीनियरिंग एण्ड टेक्नोलॉजी, लखनऊ।
6. अधिष्ठाता/प्राचार्य, वास्तुकला संकाय, ए0के0टी0यू0, लखनऊ।
7. उप कुलसचिव, ए0के0टी0यू0, लखनऊ।
8. समस्त अधिष्ठाता/सह अधिष्ठाता, ए0के0टी0यू0, लखनऊ।
9. उप कुलसचिव, उत्तर प्रदेश इंस्टीट्यूट आफ डिजाइन, नोएडा।
10. समस्त सहायक कुलसचिव/जनसम्पर्क अधिकारी/विधि अधिकारी/सम्पत्ति अधिकारी/व्यवस्थाधिकारी/ प्रभारी पुस्तकालय ए0के0टी0यू0, लखनऊ।
11. स्टाफ आफिसर कुलपति कार्यालय, ए0के0टी0यू0, लखनऊ को माननीय कुलपति महोदय के अवलोकनार्थ।
12. समस्त कर्मचारी, ए0के0टी0यू0, लखनऊ।
13. गार्ड फाइल।

(नन्द लाल सिंह)

कुलसचिव





सत्यमेव जयते

Vikram Singh  
Director

भारत सरकार  
आयुर्वेद, योग व प्राकृतिक चिकित्सा  
यूनानी, सिद्ध, सोवा-रिग्पा एवं होम्योपैथी (आयुष) मंत्रालय  
आयुष भवन, 'बी' ब्लॉक, जी.पी.ओ. कॉम्प्लेक्स  
आई.एन.ए., नई दिल्ली-110023

GOVERNMENT OF INDIA  
MINISTRY OF AYURVEDA, YOGA & NATUROPATHY UNANI  
SIDDHA, SOWA-RIGPA & HOMOEOPATHY (AYUSH)  
"AYUSH BHAWAN", B-BLOCK, GPO COMPLEX  
INA, NEW DELHI-110023

D.O. M.16011/42/2019-YN  
8<sup>th</sup> June, 2020

Dear Madam/sir,

I am writing this in connection with the International Day of Yoga (IDY) 2020, scheduled to be held on 21<sup>st</sup> June, 2020, with the key goal of using digital media this year to promote raise Yoga awareness and its adoption due to the current pandemic situation globally.

Since 2015, when the United Nations General Assembly (UNGA) took the historic decision to declare 21<sup>st</sup> June as the International Day of Yoga, this day has been celebrated all over the world in ever growing numbers. The objective of observing the IDY is to remind the people across the globe about the benefits of Yoga and to build enduring public interest by highlighting its importance and contributions to public health. Therefore, it would be our privilege to associate with you in this endeavour in championing the cause of Yoga to serve as a tool in the betterment of health and wellbeing of the community, especially improving immunity and physical health given the COVID-19 situation.

Due to contagious nature of COVID-19, numerous restrictions exist with respect to mass gatherings and movement to avoid its spread, as the government slowly opens up key sectors in the country. Therefore, this year, the Ministry of AYUSH (MoA), Government of India (GoI) is encouraging people to learn about Yoga from the safety of their homes through the various resources made available online, promote the practice amongst their friends and family and regularly do Yoga, in addition to standing together in solidarity globally at 7 am on the 21<sup>st</sup> of June by collectively doing Yoga from their homes. As a step towards this, the MoA has attached various digital resources available for free which can be used to learn and disseminate information on Yoga in relevant Annexure, and further, latest information and updates can be found on the MoA website, the Yoga Portal, along with our social media channels on Facebook, Instagram, Twitter, and Youtube.

We keenly look forward to your support which has always been an important stakeholder in taking the IDY forward in a significant way. To that end we are sharing with you detailed guidelines which can be implemented by your esteemed university to support the MoA in this endeavour. More communications regarding the events and initiatives being organised by the Ministry shall follow. With this

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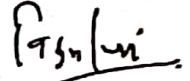
backdrop, I would be very grateful if you could keep all the members of your university motivated for the observance of IDY 2020 from their homes and provide active support to the Ministry.

Further please also find enclosed a sample template which can be used by the university to record the participation on 21st of June, 2020.

I would also request you to share your suggestions, if any, with the Ministry of AYUSH, so that additional initiatives and best practices may be shared and adopted to achieve the goal.

*Warm regards.*

Yours sincerely,



(Vikram Singh)

To

All the Vice Chancellors of Universities

**विक्रम सिंह**  
**VIKRAM SINGH**  
**निदेशक/Director**  
भारत सरकार, आयुष मंत्रालय  
Govt. of India, Ministry of AYUSH  
आयुष भवन, बी-ब्लॉक, जीपीओ कॉम्प्लेक्स, इंदिरा नगर, दिल्ली-23  
AYUSH Bhawan, B-Block, GPO Complex, INA, New Delhi-23



The following guideline provide steps that can be undertaken to promote IDY 2020 and encourage people to do Yoga from Home, especially at 7 am on the 21<sup>st</sup> June, 2020.

(These are suggested steps which should be considered in addition to specific communications sent by the Ministry of AYUSH)

The corona crisis has offered an opportunity for the people to explore the true benefits of yoga this year. The prime Minister in his 65th Mann ki Baath program on 31st may 2020 said that "Yoga has assumed importance across the world and people who were not aware of it have also started learning it. During the corona crisis, people in Hollywood to Haridwar have become conscious of the benefits of Yoga. Sitting at their homes, people are learning about Yoga". Yoga is good for community, immunity and unity. He further added that in times of corona crisis, its importance has increased as Yoga is mainly about strengthening the respiratory and immune system. Unlike the previous years this year the IDY is being done in the confines of your home. You may involve your family in the practice of Common Yoga protocol during IDY on 21st June 2020 between 7am to 7.45am.

IDY-2020 presents an occasion for all the Universities & their affiliated colleges along with all the schools to come forward and spread the message about the rewards of regular practice of yoga among their students/employees/staff. Every individual stands to gain from the regular practice of yoga through long term benefits in health, happiness and well being. Each Student/Staff can play an important role in making IDY an effective national movement for health and wellness. Here are some suggested activities to reach out to all the students/employees/staff and induct them into the blissful world of yoga:

- This year's IDY will be observed around the themes Yoga @Home and Yoga with family.
- Institutions are requested to issue internal guidelines within their organization/offices giving the background of the observation of International Day of Yoga (IDY)-2020.
- Efforts may be taken to organize Yoga related activities such as online lectures, workshops etc. by Yoga experts, starting 1 week ahead of IDY. This would help in building up enthusiasm as we draw closer to 21st June, 2020.
- Since the focus of IDY would be on individual and family yoga demonstrations based on Common Yoga Protocol (CYP), efforts may be made to familiarize the employee/staff with CYP. Organising of training programmes of 15 day duration (one hour per day) on CYP and ensuring participation using social distancing norms is recommended. Alternatively Ministries can disseminate the videos of common yoga protocol that is in Youtube and yoga portal.
- The Common Yoga Protocol shall be performed individually or with family within the confines of their homes on 21st June, 2020 from 7:00 A.M. to 7:45 A.M. followed by any suitable and customized 15-minute programme on Yoga.
- Institution may strive to distribute Yoga attire, Yoga Mats, Caps etc. duly having the logo of IDY to their students/employees/staff and encourage everyone to practice and adopt Yoga.
- Some competitions on Yoga-theme may also be organized to create interest among the students/employees.

- Institution may arrange a live screening of Doordarshan's national telecast related to International day of Yoga on 21st June, 2020, to foster the sense of participating in the nation-wide yoga movement.
- Banners/ Cut outs on IDY - 2020 may be displayed at vantage points.
- Institution can display Yoga Charts and standees inside their offices.
- If the Institution is having any official newsletter, bulletin or magazine, articles and related matter about Yoga may be published.
- Institution may encourage their students to participate in quiz and other competitions being organized by Ministry of AYUSH. They may encourage their students to participate in the online video contest (My Life- My Yoga) conducted by CCRYN, Ministry of AYUSH and ICCR. One can find the guidelines and competition details in the yoga portal of Ministry website.
- Organise Yoga lectures, webinars on health in association with NGOs involving Yoga experts.
- It is of utmost important that the concept of Yoga@Home be highlighted in any such communication, due to COVID-19 to avoid any miscommunication/misunderstanding which may lead to the violation of leading GoI advisories on the management of the pandemic—especially mass gatherings, social distancing norms, and use of basic protective measures such as masks and sanitisers.
- Institution may plan long term activities related to Yoga, so that the impact of IDY-related mobilization goes on well beyond 21st June, 2020.

PFA

Registra  
Dr. APJ  
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Annexure 2: Sample letter, email, and message

## Letter: 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 Indian practice with numerous benefits to both physical and mental health. Given, the context of the current COVID-19 pandemic including restrictions on the movement of people and a slowdown in economic activity, the benefits offered by Yoga have become especially important for physical and mental wellbeing. Of particular importance are its proven benefits on general health and immunity enhancement, along with its globally accepted role as a stress buster.

As the mass performance of the Common Yoga Protocol (CYP)—one of the most popular Yoga programmes across the world—will remain at the heart of the International Day of Yoga (IDY) like always, this year IDY will be observed in a non-congregative manner. Therefore, you and your family are requested to join thousands of others on this day from your respective homes by doing the 45- minute long CYP drill at 7.00 AM on 21<sup>st</sup> June 2020. 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, which can be learnt through simple training sessions, even through online classes (individuals facing health issues are advised to consult a physician before taking up Yoga practice).

To make the observation of IDY at home possible, the Ministry of AYUSH and other stakeholders have been running multiple training programmes on Yoga and CYP. These programmes are being intensified, and daily online sessions on CYP will be streamed on the Ministry's Social Media Platforms as well as partner TV Channels. You may follow the Ministry's social media handles for additional details. Announcement on specific activities for 21<sup>st</sup> June 2020 will also be made available on these channels as we approach the IDY. Various reputed Yoga institutions will also be imparting online training lessons in CYP in the coming days. Please use the attached resources in preparing yourself and your family for IDY 2020.

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

As 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.

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

Yoga is an invaluable ancient Indian practice with numerous benefits to both physical and mental health. Given, the context of the current COVID-19 pandemic including restrictions on the movement of people and a slowdown in economic activity, the benefits offered by Yoga have become especially important for physical and mental wellbeing. Of particular importance are its proven benefits on general health and immunity enhancement, along with its globally accepted role as a stress buster.

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To make the observation of IDY at home possible, the Ministry of AYUSH and other stakeholders have been running multiple training programmes on Yoga and CYP. You may follow the Ministry's social media handles for additional details. Announcement on specific activities for 21<sup>st</sup> June 2020 will also be made available on these channels as we approach the IDY. Please use the attached resources in preparing yourself and your family for IDY 2020.

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

As 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.



## Message (Text/Whatsapp)

**Stand in solidarity with everyone by doing Yoga@Home on the 21<sup>st</sup> of June.**

Given, the context of the current COVID-19 pandemic including restrictions on the movement of people and a slowdown in economic activity, the benefits offered by Yoga have become especially important for physical and mental wellbeing.

Therefore, you and your family are requested to join thousands of others on this day from your respective homes by doing the 45- minute long CYP drill at 7.00 AM on 21<sup>st</sup> June 2020. To make the observation of IDY at home possible, the Ministry of AYUSH and other stakeholders have been running multiple training programmes on Yoga and CYP. You may follow the Ministry's social media handles for additional details and find training resources here.

As 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.

## International Day of Yoga (IDY) Videos (Hindi & English) and Links of Videos in 14 Regional Languages

S. No	IDY Videos – Common Yoga Protocol	YouTube Video Links
1.	International Day of Yoga 2019   Common Yoga Protocol - HINDI	<a href="https://www.youtube.com/watch?v=wgjZ_LyNLRw">https://www.youtube.com/watch?v=wgjZ_LyNLRw</a>
2.	International Day of Yoga 2019   Common Yoga Protocol- ENGLISH	<a href="https://www.youtube.com/watch?v=K-GJh9GeOxE">https://www.youtube.com/watch?v=K-GJh9GeOxE</a>
3.	Common Yoga Protocol- Manipuri, International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=iOGza5C9YhI">https://www.youtube.com/watch?v=iOGza5C9YhI</a>
4.	Common Yoga Protocol-Kannada, International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=k5W4sR7Ercs">https://www.youtube.com/watch?v=k5W4sR7Ercs</a>
5.	Common Yoga Protocol- Sanskrit, International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=KYDVngTkslo">https://www.youtube.com/watch?v=KYDVngTkslo</a>
6.	Common Yoga Protocol-Marathi, International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=JNvyqnlOYTY">https://www.youtube.com/watch?v=JNvyqnlOYTY</a>
7.	Common Yoga Protocol- Malayalam, International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=ijJQAw-XO8">https://www.youtube.com/watch?v=ijJQAw-XO8</a>
8.	Common Yoga Protocol-Bengali, International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=oUIZzBbXz_U">https://www.youtube.com/watch?v=oUIZzBbXz_U</a>
9.	Common Yoga Protocol- Kashmiri, International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=06h8PrIon3Y">https://www.youtube.com/watch?v=06h8PrIon3Y</a>
10.	Common Yoga Protocol-Tamil, International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=x_d3Ay7iv3c">https://www.youtube.com/watch?v=x_d3Ay7iv3c</a>
11.	Common Yoga Protocol-Urdu, International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=PWwp4KDQRwQ">https://www.youtube.com/watch?v=PWwp4KDQRwQ</a>
12.	Common Yoga Protocol-Telgu, International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=hKUqsrAXC34">https://www.youtube.com/watch?v=hKUqsrAXC34</a>
13.	Common Yoga Protocol-Assamese, International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=PEkx'iWdNUU0">https://www.youtube.com/watch?v=PEkx'iWdNUU0</a>
14.	Common Yoga Protocol-Punjabi (Full Version), International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=LK4ZoeTKOdY">https://www.youtube.com/watch?v=LK4ZoeTKOdY</a>
15.	Common Yoga Protocol-Oriya (full version), International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=sqEHmSMCgt4">https://www.youtube.com/watch?v=sqEHmSMCgt4</a>
16.	Common Yoga Protocol-Gujarati (Full Version), International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=0Bsb01XaCfc">https://www.youtube.com/watch?v=0Bsb01XaCfc</a>



## Links of Ministry of AYUSH Website, Social Media Handles & Institutes

S.No	Ministry of AYUSH/ Institutes	Website Links
1.	Ministry of AYUSH Website	<a href="https://main.ayush.gov.in/">https://main.ayush.gov.in/</a>
2.	Yoga Portal – Ministry of AYUSH	<a href="https://yoga.ayush.gov.in/yoga/">https://yoga.ayush.gov.in/yoga/</a>
3.	Ministry of AYUSH – Facebook Page	<a href="https://www.facebook.com/moayush/">https://www.facebook.com/moayush/</a>
4.	Ministry of AYUSH – Twitter	<a href="https://twitter.com/moayush">https://twitter.com/moayush</a>
5.	Ministry of AYUSH – Instagram	<a href="https://www.instagram.com/ministryofayush/?hl=en">https://www.instagram.com/ministryofayush/?hl=en</a>
6.	Morarji Desai National Institute of Yoga (MDNIY)	<a href="http://www.yogamdniy.nic.in/">http://www.yogamdniy.nic.in/</a>
7.	Central Council for Research in Yoga & Naturopathy (CCRYN)	<a href="http://ccryn.gov.in/">http://ccryn.gov.in/</a>
8.	National Institute of Naturopathy (NIN), Pune	<a href="http://punenin.org/index.htm">http://punenin.org/index.htm</a>
9.	Shri Ambika Kutir	<a href="http://www.ambikayogkutir.org">www.ambikayogkutir.org</a>
10.	Parmanand University Trust (Parmanand Institute of Yoga Sciences and Research)	<a href="http://www.parmyoga.org">www.parmyoga.org</a>
11.	Sri Sri School of Yoga	<a href="http://www.srisrischoolofyoga.org">www.srisrischoolofyoga.org</a>
12.	The Yoga Institute	<a href="http://www.theyogainstitute.org">www.theyogainstitute.org</a>
13.	Patanjali Yogpeeth (Trust)	<a href="http://www.divyayoga.com">www.divyayoga.com</a>
14.	Swami Vivekananda Yoga Anusandhanasamsthana(S-VYASA)	<a href="http://www.svyasa.edu.in">www.svyasa.edu.in</a>
15.	Kaivalyadhama Shriman Madhav Yoga Mandir Samiti, Kaivalyadhama Yoga Institute	<a href="http://www.kdham.com">www.kdham.com</a>
16.	Krishnamacharya Yoga Mandiram	<a href="http://www.kym.org">www.kym.org</a>

17.	Yoga Vidya Gurukul	<a href="http://www.yogavidyagurukul.org">www.yogavidyagurukul.org</a>
18.	Dev Sanskriti Vishwavidhyalaya	<a href="http://www.dsvv.ac.in/">http://www.dsvv.ac.in/</a>
19.	Hata Yoga Abhyaasa and Prachaara Trust	<a href="http://www.a1000yoga.com">www.a1000yoga.com</a>
20.	Yoga Niketan Trust	<a href="http://www.yoganiketan.org">www.yoganiketan.org</a>
21.	Lovely Professional University	<a href="https://www.lpu.in/">https://www.lpu.in/</a>



**Annexure 4: Participation details (Yoga@Home)**

**IDY Participation 2020 – 21<sup>st</sup> June 2020**

<b>S. No</b>	<b>Name of organization/ institute</b>	<b>Location</b>	<b>Number of People Participated(Yoga@Home )</b>