



خواجہ معین الدین چشتی لیگوتج یونیورسٹی، لکھنؤ، اتر پردیش (ہندوستان)  
ख्वाजा मुईनुद्दीन चिश्ती भाषा विश्वविद्यालय, लखनऊ, उत्तर प्रदेश (भारत)  
Khwaja Moinuddin Chishti Language University, Lucknow, U.P. (India)

U.P. STATE GOVERNMENT UNIVERSITY  
(Recognised Under Section 2(f) & 12(B) of the UGC Act, 1956 & B.Tech Approved by AICTE)

ई-मेल/महत्वपूर्ण

संख्या- 462 /भा.विवि/कुसका/2020

दिनांक : 19 जून, 2020

कार्यालय-ज्ञाप


भारत सरकार, आयुष मंत्रालय के संलग्न पत्र D.O.M.16011@42@2019-YN 08 जून, 2020 के अनुपालन में दिनांक 21 जून, 2020 को अन्तर्राष्ट्रीय योग दिवस, 2020 प्रातः 07 बजे मनाया जाना है।

2- इस सम्बन्ध में विश्वविद्यालय के समस्त अधिकारियों, शिक्षक, शिक्षणोत्तर कर्मचारियों एवं छात्र-छात्राओं से मुझे यह कहने की अपेक्षा हुई है कि दिनांक 21 जून, 2020 को अन्तर्राष्ट्रीय योग दिवस, 2020 प्रातः 07 बजे अपने घर पर ही मनाये एवं स्वयं की योग करते हुये फोटोग्राफ/विडियो को विश्वविद्यालय की ई-मेल-uafulucknow@gmail.com पर उपलब्ध कराने सुनिश्चित करें।

3- इसके अतिरिक्त मो0 शारिक, विषय प्रभारी, शारीरिक शिक्षा विभाग से यह अपेक्षा की जाती है कि वह अपने स्तर से शिक्षकों एवं छात्र-छात्राओं को Zoom Meeting App के माध्यम से अन्तर्राष्ट्रीय योग दिवस, 2020 में प्रतिभाग कराना सुनिश्चित करें, अन्तर्राष्ट्रीय योग दिवस, 2020 में प्रतिभागी शिक्षकों एवं छात्र-छात्राओं की योग करते हुये फोटोग्राफ/विडियो को विश्वविद्यालय की ई-मेल-uafulucknow@gmail.com पर उपलब्ध कराना भी सुनिश्चित करें।

4- उपरोक्त कृपया सूचनार्थ एवं आवश्यक कार्यवाही हेतु प्रेषित।

भवदीय,

  
(अशोक कुमार अरविन्द)  
कुलसचिव

संख्या- /भा.विवि/कुसका/2020 तददिनांक।

प्रतिलिपि निम्नलिखित को सूचनार्थ एवं आवश्यक कार्यवाही हेतु प्रेषित:-

1. निजी सचिव, कुलपति कार्यालय को माननीय कुलपति जी के अवलोकनार्थ।
2. निजी सचिव, वित्त अधिकारी कार्यालय को वित्त अधिकारी महोदय के सूचनार्थ प्रेषित।
3. सहायक कुलसचिव/उप कुलसचिव।
4. परीक्षा नियन्त्रक।
5. प्रोवोस्ट/वार्डन पुरुष एवं महिला छात्रावास।
6. कुलानुशासक।
7. समस्त शिक्षक।
8. समस्त शिक्षणोत्तर कर्मचारी।
9. वेबमास्टर को वेबसाइट पर अपलोड कराने हेतु।
10. सम्बन्धित पत्रावली।

  
कुलसचिव



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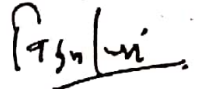
backdrop, I would be very grateful if you could keep all the members of your university motivated for the observance of IDY 2020 from their homes and provide active support to the Ministry.

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  
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