



# MAHATMA GANDHI CENTRAL UNIVERSITY

[A Central University established by an Act of Parliament]

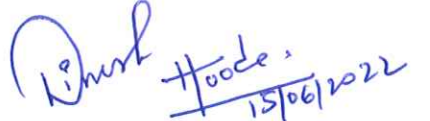
Dr Ambedkar Administrative Building, Near OP Thana, Motihari - 845 401, District - East Champaran, Bihar

F. No. 2-1/MGCUB/GA/2016

Dated: 15<sup>th</sup> June 2022

## OFFICE ORDER

- In pursuance of letter No.F.1-16/2021(Website) dated 25<sup>th</sup> March 2022 issued by Secretary, UGC (*copy of the same is attached herewith for ready reference*) regarding International Day of Yoga (IDY) 2022, the Competent Authority has been pleased to constitute a committee comprising the following for organising various activities related to the 8<sup>th</sup> International Day of Yoga (IDY) 2022 scheduled to be observed on **21<sup>st</sup> June 2022**:
  - Dr Shyam Kumar Jha**, Associate Professor, Dept. of Sanskrit -- **Nodal Officer**
  - Dr Shashikant Ray**, Assistant Professor, Dept. of Biotechnology
  - Dr Sunil Kumar Singh**, Assistant Professor, Dept. of CS&IT
  - Shri Manjesh Kumar**, Assistant (Finance)
- The aforesaid committee shall plan the activities w.r.t. the 8<sup>th</sup> International Day of Yoga (IDY) 2022 and shall submit the same to the office of the OSD (Administration) for consideration and approval of the Competent Authority.
- This is issued with the approval of the Competent Authority.


  
[DINESH HOODA]  
Section Officer (Admin)

Encl: As stated above.

Copy of the above forwarded to the following for information and necessary action please:

- Individual concerned - A copy of letters dated 25<sup>th</sup> March 2022; 6<sup>th</sup> April 2022; 5<sup>th</sup> May 2022; 12<sup>th</sup> May 2022; and 19<sup>th</sup> May 2022 received from UGC, New Delhi in this regard are attached herewith for your kind perusal and further necessary action, please.
- The OSD (Administration), MGCU
- The OSD (Finance), MGCU
- In-charge University Website, MGCU - with the request to upload the same on University Website
- PS to the Vice-Chancellor- for kind information of the Hon'ble Vice-Chancellor please.
- Guard File



  
[DINESH HOODA]  
Section Officer (Admin)



विश्वविद्यालय अनुदान आयोग  
University Grants Commission

शिक्षा मंत्रालय, भारत सरकार

Ministry of Education (Govt. of India)

बहादुरशाह जफर मार्ग, मई दिल्ली -110 002

Bahadurshah Zafar Marg, New Delhi-110002

Phone : 011-23406308, 011-23406322

By Mail



ज्ञान-विज्ञान विमुक्तये

F.No.71-5/2022(CU)

19 MAY 2022 19<sup>th</sup> May, 2022

Sub: 8<sup>th</sup> International Day of Yoga (IDY-2022) scheduled to be observed on 21<sup>st</sup> June, 2022 - reg.

Madam/Sir,

Kindly refer to UGC letter No.1-16/2021(Website) dated 25<sup>th</sup> March, 2022, 06<sup>th</sup> April, 2022, 05<sup>th</sup> May, 2022 and 12<sup>th</sup> May, 2022 sent by the Secretary, UGC to Vice-Chancellors of all Central Universities (**copies enclosed**) in which it was requested to furnish the details of month-wise Activities Plan and Activities details in the Google form link given in the letter dated 05<sup>th</sup> May, 2022.

You are therefore, requested to kindly furnish the required information to UGC as stated in UGC letters referred above and share the same information urgently on the e-mail ([talreja.ugc@gmail.com](mailto:talreja.ugc@gmail.com) / [socu.ugc@gmail.com](mailto:socu.ugc@gmail.com)) also.

Yours faithfully,

Encl: As above.

V. Tatreja  
(V. Tatreja)  
Under Secretary

The Registrar  
All Central Universities (45)

Copy to: Vice-Chancellor of all Central Universities.



ज्ञान-विज्ञान विमुक्तये

प्रो. रजनीश जैन  
सचिव

Prof. Rajnish Jain  
Secretary



सत्यमेव जयते

विश्वविद्यालय अनुदान आयोग  
University Grants Commission

(शिक्षा मंत्रालय, भारत सरकार)  
(Ministry of Education, Govt. of India)

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F.No. 1-16/2021(Website)

12<sup>th</sup> May, 2022

**Subject: International Day of Yoga-2022 (IDY-2022)- Reg.**

Respected Sir/Madam,

Kindly refer to my earlier letters of even No. Dated 5<sup>th</sup> May, 2022 and 25<sup>th</sup> March, 2022 on the subject cited above, wherein all the Higher Educational Institutions were requested to celebrate International Day of Yoga-2022 in a befitting manner with their high 'spirits'.

Keeping in view the importance of celebrating International Day of Yoga-2022, you are requested to kindly ensure the celebration of International Day of Yoga 2022 including performing yoga by students, faculty & staff, in front of Iconic Buildings/Places of your University on 21st June, 2022.

You are further requested to share the photographs on the UGC University Activity Monitoring Portal (UAMP) i.e. <https://ugc.ac.in/uamp>

We look forward to your active participation in these initiatives for disseminating awareness of Yoga among the masses.

With kind regards,

Yours sincerely,

(Rajnish Jain)

To,

**The Vice-Chancellors of all Central Universities**





ज्ञान-विज्ञान विभुक्तये

प्रो. रजनीश जैन  
सचिव

**Prof. Rajnish Jain**  
Secretary



सत्यमेव जयते

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F, No1-16/2021(Website)

5th May, 2022

**Subject: Reminder reg : International Day of Yoga (IDY) 2022**

Respected Madam/Sir,

This is in continuation to UGC's letter no: 1-16/2021(Website) dated 25th March, 2022 and an email sent on 6th April, 2022 regarding International Day of Yoga (IDY) 2022.

We understand that Universities and Colleges have been undertaking several activities in the run up to the IDY 2022. As less than 50 days are left now to the countdown leading to the IDY 2022 on 21st June 2022, all the Higher Educational Institutions are once again requested to share the details of the various activities conducted / to be conducted by them for stakeholders.

The details of Month wise Activities Plan and Activities details may be provided in the google form links given below, at the earliest.

1. Month wise Activities

Plan: [https://docs.google.com/forms/d/e/1FAIpQLSfZCy13N4M8VawramX1s0Jn6hXakSdFbGbXL5xTIOoE:VO38g/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSfZCy13N4M8VawramX1s0Jn6hXakSdFbGbXL5xTIOoE:VO38g/viewform?usp=sf_link)

2. Activities Details: [https://docs.google.com/forms/d/e/1FAIpQLScLRaKkjHAYz-RQ2vZybhc7qK9XCH6kuo\\_6r0fQgT7zXs211g/viewform](https://docs.google.com/forms/d/e/1FAIpQLScLRaKkjHAYz-RQ2vZybhc7qK9XCH6kuo_6r0fQgT7zXs211g/viewform)

Looking forward to the active participation of students, teachers, educational administrators in the activities of IDY 2022 for making them aware of the benefits of Yoga .

With kind regards,

Yours sincerely,

  
(Rajnish Jain)

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



ज्ञान-विज्ञान विमुक्तये

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F.No.1-16/2021(Website)

6<sup>th</sup> April, 2022

**Sub: International Day of Yoga (IDY) 2022**

Respected Madam/Sir,

This is in continuation of UGC letter of even number dated 25<sup>th</sup> March, 2022 on the subjected mentioned above, you are requested to chalk out a detailed activity plan month-wise from April to June, 2022 to organize various activities related to yoga.

You are also advised to invite renowned personalities for the event on International Day of Yoga (IDY) 2022.

The events on IDY 2022 may also be organized showing the iconic site of your institution in the backdrop.

You are requested to send the detailed activity plan leading to IDY 2022 on the link given below latest by 11<sup>th</sup> April, 2022:

[https://docs.google.com/forms/d/e/1FAIpQLSfZCYl3N4M8VawramX1s0Jn6hXakSdFbG bXL5xTfOoExVO38g/viewform?usp=sf link](https://docs.google.com/forms/d/e/1FAIpQLSfZCYl3N4M8VawramX1s0Jn6hXakSdFbG bXL5xTfOoExVO38g/viewform?usp=sf_link)

With kind regards,

Yours sincerely,

(Rajnish Jain)

To

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





ज्ञान-विज्ञान विमुक्तये

प्रो. रजनीश जैन  
सचिव

Prof. Rajnish Jain  
Secretary



सत्यमेव जयते

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E-mail : secy.ugc@nic.in

F.No.1-16/2021(Website)

25<sup>th</sup> March, 2022

**Subject: International Day of Yoga (IDY) 2022**

Respected Madam/Sir,

As you are aware, the International Day of Yoga (IDY) is celebrated every year on 21<sup>st</sup> June. This year the IDY will be focused on India Branding with extensive promotions across the boundaries through all possible platforms including print, digital, social media, etc. Various activities such as pledge, quiz, video contest, etc. will be organized on the MyGov platform for the participation of the general public. As the countdown to IDY-2022 has already begun, the universities/ institutions may chalk out an Activity Plan for the coming days. It is aimed to bring more people into the fold of the activities of IDY-2022 by spreading the benefits of yoga. Suggested Activities for Higher Education Institutions are as under:

- The Common Yoga Protocol shall be practiced on 21<sup>st</sup> June 2022 from 7:00 AM to 7:45 AM, followed by a suitable and befitting programme on Yoga by students of all universities/colleges.
- Universities/Institutions may organize Yoga related activities such as lectures, workshops, training programmes etc. by inviting Yoga experts. Minimum 15 days Yoga Training Program on **Common Yoga Protocol (CYP)** shall be organized through a trained Yoga teacher. Common Yoga Protocol literature and videos may be downloaded from the Ministry of Ayush's portal.
- Universities/Institutions may distribute Yoga attire, Yoga Mats, Caps etc. having the logo of IDY to their employees and students to practice and adopt Yoga. Few competitions on Yoga may also be organized to create interest among the students/staff.
- Universities/Institutions may display Yoga Charts and Standees inside their campus. Details may be obtained from the Yoga portal of the Ministry of Ayush.
- If Universities/Institutions are having any official newsletter/bulletin/magazine, the articles and other related matters about Yoga may be published.
- Institutions may encourage the staff and students to participate in online activities/competitions being organized by the Ministry of Ayush through MyGov Portal.

CONTINUATION SHEET

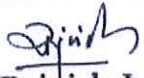
-2-

- Institutions may plan long term activities related to Yoga for the health of their students/staff.
- Institutions may create permanent Yoga facilities for the practice on regular basis within the Institute.
- Promotion of #Hashtag and live events through official channels of the Universities/Institutions will help in creating awareness among the students/staff.
- Encourage staff and students to download the Y-break mobile application for work place and other Yoga applications like M-Yoga and Namaste Yoga for Yoga practices/activities. These are available on both Google Play store and iOS App Store.
- Students and staff may be encouraged to participate in live online Yoga discourses with prominent Yoga Gurus for insightful discussion.

All the higher educational institutions and their affiliated colleges/institutions are requested to organize various activities as suggested above and share their participatory videos of International Day of Yoga on the UGC University Activity Monitoring Portal (UAMP) <https://uamp.ugc.ac.in/> . For any technical assistance, please contact Dr. Pavan Kumar (011-2373-417) and Dr. Vandana Singh (011-23730418) at Morarji Desai National Institute of Yoga (MDNIY), New Delhi, an autonomous institute under the Ministry of AYUSH or email at: [idy2022@gmail.com](mailto:idy2022@gmail.com).

With kind regards,

Yours sincerely,

  
(Rajnish Jain)

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