



OFFICE OF THE DIRECTOR OF STUDENTS WELFARE :: GAUHATI UNIVERSITY
GOPINATH BORDOLOI NAGAR, GUWAHATI -781014

To,

The Principals of all the colleges affiliated under Gauhati University

Sub: Observance of 5th International Day of Yoga on 21st June, 2019 – reg.

Ref: D.O. No. M – 16011/08/2019-YN dated: 02/04/2019

Sir/Madam,

With reference to the subject cited above, I would like to inform you that as per direction from Ministry of Ayush, Govt. of India, vide Memo No. D.O. No. M – 16011/08/2019-YN dated 2nd April, 2019 all the Institutes/ Colleges affiliated under Gauhati University are requested to celebrate 5th International Day of Yoga on 21st June, 2019. As a part of the activity, you are requested to follow the instruction mentioned in the letter from Ministry of Ayush, Govt. of India (enclosed herewith).

Hon'ble Vice-Chancellor, G.U. desires that maximum participation of students should be ensured on 5th International Day of Yoga in your college. The outcome of the programme may be communicated along with the reports and photographs within 10 days after holding IDY on 21st June, 2019 to the undersigned for onward transmission to the Ministry of Ayush, Govt. of India.

Thanking you.

Yours faithfully

Director, Students' Welfare
& Programme Co-ordinator, NSS
Gauhati University

Dated. 30.04.2019

Memo No: GU/IDY/2019/ 3651

Copy for information to:

- 1) The Registrar, G.U.
- 2) The Finance Officer, G.U.
- 3) The Secretary, University Classes, G.U.
- 4) The Secretary to the V.C., G.U. for kind appraisal of the Hon'ble Vice-Chancellor, G.U.
- 5) All the NSS Programme Officers of the affiliated Colleges under Gauhati University for taking necessary action.

System Officer (IT)
with a request to upload
at GU website.
P. B.
30/4/19

Director, Students' Welfare
& Programme Co-ordinator, NSS
Gauhati University

UCO/SUP/2019/419

पी. एन. रणजीत कुमार
P. N. Ranjit Kumar

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भारत सरकार
आयुष मंत्रालय

आयुष भवन, 'बी' ब्लॉक, जी.पी.ओ. कॉम्प्लेक्स,
आई.एन.ए., नई दिल्ली-110023
GOVERNMENT OF INDIA
MINISTRY OF AYUSH
AYUSH BHAWAN, B-BLOCK, GPO COMPLEX
INA, NEW DELHI-110023

D.O. No. M-16011/08/2019-YN

2nd April, 2019

Dear Madam/Sir,

I am happy to inform that the Ministry of AYUSH has taken up the preparations for the observation of 5th International Day of Yoga (IDY) on 21st June, 2019. As you would agree, the onus of taking the momentum that was created by International Days of Yoga celebrated in 2015, 2016, 2017 & 2018 forward, with greater and active participation of public during the current year's celebrations, rests not just on the Ministry of AYUSH, but on all stake holders.

2. Greater emphasis will be given this year i.e. 2019 on the role of Universities in involving their students and staff including those from all the affiliated colleges in various activities as a part of the IDY- 2019 observations. Your esteemed University is requested to issue necessary guidelines to all institutions including the affiliated colleges to organize Yoga workshops and relative activities for their students and staff. Yoga Programs may be held in colleges to promote Yoga among youth and invoke the sentiment of National Pride in spreading Yoga to the rest of the world. Students could also be encouraged to adopt Yoga as a part of campus activities to encourage physical well-being.

3. The focus of activity on IDY 2019, on as in previous years, would be on group yoga demonstrations based on Common Yoga Protocol (CYP). As you are aware, CYP consists of 45-minute sequence of relatively simple yoga drills put together as a protocol by some of the renowned yoga experts in country. It is designed to provide maximum physical and intellectual benefits to the maximum number of people. Details of CYP are available for free download in video and e-book formats at <http://ayush.gov.in> Qualified Yoga trainers would be able to provide complete CYP training to students over 15 one-hour sessions, which can ideally be spread over 15 days. You are requested to consider issuing advisories to all concerned to expose students and other potential participants of IDY to CYP well in advance.

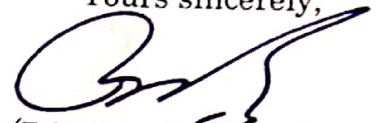
4. During IDY 2019 observations, there would be summer vacations in most of the colleges. University may, therefore advise all the affiliated colleges to facilitate successful conduct of International Day of Yoga observations by teachers and students on 21st June, 2019 by keeping the essential facilities at colleges open during that period.

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5. The Ministry of AYUSH would be keen to hear about the steps taken by your university in this regard.

With kind regards,

Yours sincerely,



(P.N. Ranjit Kumar)

Dr Mridul Hazarika
Vice Chancellor
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Gopinath Bardoloi Nagar, PO : Jalukbari,
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