



राष्ट्रीय प्रौद्योगिकी संस्थान, दुर्गापुर
NATIONAL INSTITUTE OF TECHNOLOGY DURGAPUR
MAHATMA GANDHI AVENUE, DURGAPUR-713209
West Bengal, INDIA, www.nitdgp.ac.in
An Institute of National Importance of the Govt. of India under Ministry of Education (Shiksha Mantralaya)

No. NITD/Estt./IDY/2021

Date-18/06/2021

CIRCULAR

This has reference to the guidelines issued by Ministry of AYUSH, Govt. of India vide Letter No M-16011/24/2021-YN dated 11th June 2021 regarding the celebration of 7th International Day of Yoga (IDY) on 21st June, 2021, that has been communicated to this office by Ministry of Education, Govt. of India vide no. F.N:13-1/2021-IS.4 dated 16th June 2021. Due to the unprecedented situation of CoVID-19 Pandemic the observation of IDY this year shall be in virtual mode with a thematic message of **#Be With Yoga Be At Home**.

The Employees and the students of the Institute are requested to practice the **45 Minute-Common Yoga Protocol (CYP)** at their respective place on 21st of June 2021 and to encourage their family members and friends to participate in the IDY-2021 and use various social media platforms with Hashtag to disseminate the messages of raising awareness towards IDY, 2021.

(List of Hashtag and other links for CYP is attached in ANNEXURE I to this circular)


REGISTRAR 18.06.21

Copy forwarded for information to: -

1. Director
2. All Deans
3. All Heads of the Departments/ Sections/ Centres and Central facilities
4. Sr. Medical Officer, Medical Unit, NITD
5. Web Master- for display in Institute web site
6. Security Officer & I/C, Estate Section
7. President/ Secretary- Students' Gymkhana.
8. President/ Secretary- Karmachari Samiti, NIT Durgapur
9. Director's Secretariat
10. Registrar's Secretariat
11. Notice Board of all Hostels.
12. File Copy


Joint Registrar (Establishment)

F.N:13-1/2021-IS.4
Government of India
Ministry of Education
Department of School Education & Literacy

ANNEXURE I

Shastri Bhawan, New Delhi
Date: 16th June, 2021

CIRCULAR

Subject: - 7th International Day of Yoga (IDY) on 21st June, 2021-reg.

The 7th International Day of Yoga (IDY) will be celebrated on 21st July, 2021. This year due to pandemic situation, the observation will be virtual. This year the IDY is being observed with a thematic message of #Be With Yoga Be At Home.

2. Employees of Ministry of Education are requested to practice the 45 minute-Common Yoga Protocol (CYP) on 21st of June 2021 and to encourage the family and officials to participate in the IDY-2021 and post the activities done in their social media platform with Hastag. Employees may also use Whatsapp group, IDY profile picture, YouTube, cover page of the social media platform to disseminate the messages of raising awareness towards IDY, 2021.



(Vinod Krishan Verma)

Deputy Secretary to Government of India
Ph- 011-23385744
Email ID- vinodk.verma@nic.in

To,

1. PS to Hon'ble SM/ PS to Hon'ble MoS(SSD).
2. PPS to Secretary (SE & L)
3. All Bureau Heads in the SE&L Department.
4. CMIS/NIC with request to upload on e-office portal of this Ministry.

Contd...P.2/-

Link and Hastag for IDY, 2021

Common Yoga Protocol :-

Link : <https://yoga.ayush.gov.in/idy-2021>

Google drive carrying IDY related contains :

Link : <https://tinyurl.com/tapefkxz>

Handbook for IDY, 2021 :

Link : https://yoga.ayush.gov.in/public/assets/IDY_ebook.pdf

Hastag :

#BeWithYogaBeAtHome

#IDY2021

#YogaForAll

#YogaForHealth

#YogaForWellness

F.No. 5-2/2021-MEDIA CELL
GOVERNMENT OF INDIA
MINISTRY OF EDUCATION
DEPARTMENT OF HIGHER EDUCATION
(MEDIA CELL)

Room NO 535-C, Shastri Bhawan, New Delhi
Dated 17th June 2021

To
All the Social Media Champions (SMCs)
Centrally funded Institutions of Ministry of Education

Subject: Celebration of 7th International Day of Yoga (IDY) on 21st June 2021 –regarding.

Sir/Madam

I am directed to forward herewith a copy of Letter No M-16011/24/2021-YN dated 11th June 2021 received from Ministry of AYUSH. The International Day of Yoga (IDY) will be celebrated **virtually on 21st June 2021** with a thematic message of “Be with Yoga Be at Home”.

2 You are requested to participate in the 45 Minute Common Yoga protocol (CYP) on 21st June 2021 and to encourage colleagues, students and their family members too. You are also requested to circulate the activities through official Social Media platforms.

3. The links/Hashtags for contents of IDY-2021 are also provided herewith.

4. This may be given top priority.

Yours faithfully

(Sandeep Jain)
Under Secretary to the Government of India
Ph. 23074199
Email: sandeepjain.edu@nic.in

Encl. As above

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

संयुक्त सचिव
Joint Secretary

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E-mail : ranjitkumar-pn@gov.in



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

M-16011/24/2021-YN

Date: 11/06/2021

Dear *Madam/Sir,*

I am writing to you regarding the observation of 7th International Day of Yoga (IDY) on 21st June 2021. The UN General Assembly, on 11th December 2014, unanimously adopted a resolution for observing 21st June every year as the International Day of Yoga. This resolution originated from a proposal of Hon'ble Prime Minister Shri Narendra Modi, in his UN address in September 2014. The Ministry of Ayush, being the nodal Ministry for observation of IDY takes up various activities for promotion of Yoga and IDY among common people.

2. This year, due to the pandemic situation, the observation will be virtual just like IDY-2020. As in 2020, the national lead event of IDY-2021 is likely to be in the virtual/ televised mode. This year IDY is being observed with a thematic message of **#BeWithYogaBeAtHome**. Therefore, Ministry of Ayush is planning to make extensive use of various digital platforms in order to spread awareness and increase the participation of people in this effort of public health.

3. For IDY-2021, an organized digital yoga campaign is being coordinated on Facebook/ Instagram and Twitter in the form of a 10 day digital countdown program w.e.f. 11/06/2021 (A/N). The objective is to take the positive message of Yoga and IDY to all of our fellow countrymen in this period of distress.

4. Your esteemed office is requested to kindly consider to be a part of this digital Yoga campaign. A team lead by Shri Vikram Singh, Director (Emails: vikramsingh-cea@gov.in, pmu-ayush@gov.in phone: 011-24656863) will reach out to your esteemed office for collaboration. It is requested to become a partner of this inclusive and broad-based effort and help to spread advantages of Yoga in physical & mental well-being of people.

With regards,

Yours sincerely,

(P. N. Ranjit Kumar)

To,

As per list attached in Annexure