



राष्ट्रीय प्रौद्योगिकी संस्थान, अरुणाचलप्रदेश  
**NATIONAL INSTITUTE OF TECHNOLOGY ARUNACHAL PRADESH**  
(Institute of National Importance under Ministry of Education, Govt. of India)  
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NIT/AP/Estt-116/IDY/2021/1389

Date: 18/06/2021

**NOTIFICATION**

In terms of the letter F. No. 5-2/2021-MEDIA CELL dated 17<sup>th</sup> June, 2021 from the department of Higher Education, Ministry of Education, Govt. of India, the International Day of Yoga (IDY) will be celebrated on 21<sup>st</sup> June, 2021 with a thematic message of “**Be with Yoga Be at Home**”.

All Faculty members, Officers, Staff and students of NIT Arunachal Pradesh are hereby requested to participate in the 45 Minute - Common Yoga protocol (CYP) on 21<sup>st</sup> June, 2021 with their family members from Home.

The link/Hashtags for contents of IDY-2021 are provided below:

**Link and Hashtag 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](https://yoga.ayush.gov.in/public/assets/IDY_ebook.pdf)

Hashtag:

#Be WithYogaBeAtHome

#IDY2021

#YogaForAll

#YogaForHealth

#YogaForWellness

REGISTRAR

Copy to:

1. Webmaster with a request to upload the same in the Institute website.
2. Notice Board.
3. PA to Director, NIT Arunachal Pradesh for information please,
4. Office Copy

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 17<sup>th</sup> June 2021

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

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

Sir/Madam

I am directed to forward herewith a copy of Letter No M-16011/24/2021-YN dated 11<sup>th</sup> June 2021 received from Ministry of AYUSH. The International Day of Yoga (IDY) will be celebrated **virtually on 21<sup>st</sup> 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 21<sup>st</sup> 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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भारत सरकार  
आयुष मंत्रालय  
आयुष भवन, 'बी' ब्लाक, जी.पी.ओ. कॉम्पलेक्स,  
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 7<sup>th</sup> International Day of Yoga (IDY) on 21<sup>st</sup> 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](mailto:vikramsingh-cea@gov.in), [pmu-ayush@gov.in](mailto: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

Annexure

- 1) Media Officers to All Hon'ble Governors
- 2) Media Officers to All Hon'ble Cabinet Ministers of the Union
- 3) Media Officers to All Hon'ble Ministers of State of the Union
- 4) Media Officers to All Hon'ble Lt. Governors of UTs
- 5) Social Media In-Charges of All Central Ministries/ Departments
- 6) Ayush Directorates of States/UTs

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

Shastri Bhawan, New Delhi  
Date: 16<sup>th</sup> June, 2021

**CIRCULAR**

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

The 7<sup>th</sup> International Day of Yoga (IDY) will be celebrated on 21<sup>st</sup> 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 21<sup>st</sup> 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 :-**

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Handbook for IDY, 2021 :

Link : [https://yoga.ayush.gov.in/public/assets/IDY\\_ebook.pdf](https://yoga.ayush.gov.in/public/assets/IDY_ebook.pdf)

Hastag :

#BeWithYogaBeAtHome

#IDY2021

#YogaForAll

#YogaForHealth

#YogaForWellness