

OFFICE OF THE DEAN (STUDENTS' WELFARE)
NATIONAL INSTITUTE OF TECHNOLOGY KURUKSHETRA

NO.DSW/2022/135

Dated: 17.06.2022

Dear All,

Greeting!

As the world is gearing up to celebrate yet another segment of International Day of Yoga (IDY) after two years of pandemic on 21st June 2022, it reminds us that the International Day of Yoga has been an annual, global celebration since 21 June, 2015. This year, the Ministry of Ayush has coined the theme “**Yoga for Humanity**”. The theme was selected with the aim to activate and inspire the yoga community for sustainability and global development. The observation of IDY in the past years has been marked by thousands of harmonious mass demonstrations of yoga in public places. This year will mark the eighth edition of International Yoga Day, the present resurgence of the COVID-19 pandemic has added stress and anxiety among the people. The disease and isolation has not only affected person’s physical health but also taken a toll on the psychological or emotional health (and even that of his family members). The benefits offered by Yoga have become especially important for physical and mental wellbeing. Therefore, students, staff, faculty and their family members are requested to join in large numbers on this day at the Institute Sports Complex doing the 45- minute long CYP drill at 5:30 AM on 21st June 2022 along with **Chief Guest Padam Shri Sh. Yogeshwar Dutt (Olympic Medalist)** will join us on the auspicious day, which will also be streamed online from 6:00 am on different government portals, Doordarshan and DD Bharti. To make the observation of IDY at home possible, the Ministry of AYUSH and other stakeholders have been running multiple training programmes on Yoga and CYP. You may follow the Ministry’s social media handles for additional details and find training resources here.

As June 21st is just a few days away, prepare yourself and be there to do Yoga with the world.

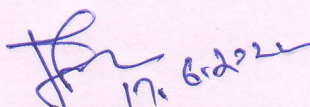
Hope to see you all join at 5:30 AM on 21st June 2022.

International Day of Yoga (IDY) Videos (Hindi & English) and Links of Videos

S.N.	IDY Videos – Common Yoga Protocol	YouTube Video Links
1.	International Day of Yoga Common Yoga Protocol - HINDI	https://www.youtube.com/watch?v=0XKvBQojxeY
2.	International Day of Yoga Common Yoga Protocol- ENGLISH	https://www.youtube.com/watch?v=9GRKhGyibtI

Links of Ministry of AYUSH Website, Social Media Handles & Institutes:

S.No	Ministry of AYUSH/ Institutes	Website Links
1.	Ministry of AYUSH Website	https://main.ayush.gov.in/
2.	Yoga Portal – Ministry of AYUSH	https://yoga.ayush.gov.in/yoga/


Dean (Student Welfare)

