



NOTIFICATION NO. 03

Date: 04.04.22

Xerox copy of the letter No. CSU/VC-002/2022-23/02 dtd: 02.04.2022 received from Prof. Shrinivasa Varakhedi, Hon'ble Vice Chancellor, CSU, New Delhi -58 is hereby sent to all the H.O.Ds/Faculty members/Non-teaching staff/Students, CSU,SSC,Puri for information and necessary action accordingly.

This one is most important and mandate entrusted to Central Sanskrit University, New Delhi.

(PROF.K.MISHRA)
DIRECTOR

Copy for information and necessary action to:-

- 1) All H.O.Ds/Faculty members/Students/Non-teaching staff,CSU,SSC,Puri.
- 2) Dr.Priyajeet Mohapatra, G.T(P.E), CSU,SSC,Puri.
- 3) Accounts Section, CSU,SSC,Puri.
- 4) Prof.L.K.Sahoo, Convener, IQAC,CSU,SSC,Puri.
- 5) Notice Board/Books/Campus website for side circulation.

प्रो. श्रीनिवास वरखेड़ी
कुलपति

केन्द्रीय संस्कृत विश्वविद्यालय

संसद के अधिनियम द्वारा स्थापित
(पूर्व में राष्ट्रीय संस्कृत संस्थान,
शिक्षा मन्त्रालय, भारत सरकार के अधीन)



Prof. Shrinivasa Varakhedi
Vice-Chancellor

Central Sanskrit University

Established by an Act of Parliament

(Formerly Rashtriya Sanskrit Sansthan
Under Ministry of Education, Govt. of India)

CSU/VC-002/2022-23/02

Date 02.04.2022

To

Directors
Central Sanskrit University
All Campuses

Sub: Guidelines for celebration of IYD - 2022.

Sir/Madam,

The undersigned is pleased to inform about the mandate entrusted to Central Sanskrit University, New Delhi on the subject cited above.

The frenzy and fervour of the students and staff, who are participating directly bracing the lockdown and other restrictions of Covid-19, can be utilized to the maximum potential in the light of the pandemic waning completely but yet carefully following the safe measures.

Yoga is an integral part of our Culture and our Life. It also highlights the value of our Indian Knowledge System (IKS). It's practice can be implemented systematically in all the educational institutions right from the primary level to inculcate the children with the habit of doing Yoga regularly for a healthy and disciplined future society.

A hundred day plan is chalked out culminating in the celebration of the Yoga Day in June, 2022.

Suggested Activities from Department of Higher Education :

- Needful guidelines/ instructions are issued to autonomous bodies/UGC/ universities/institutes regarding the celebration of international Day of Yoga-2022 (IDY).
- Number of participants on 21-06-2022 may be documented for the record to show the contribution of the institutions to help to achieve the newly fixed target of 25 crore revised from the earlier target of 9 crore.
- The institutions may hold the IYD events with the iconic site as the backdrop.
- Renowned personalities may be roped in for all the important events.
- The Common Yoga Protocol shall be practised on 21st June 2022 from 7:00 AM to 7:45 AM, followed by a suitable and befitting programme on Yoga by students of the universities/institutions.
- Universities/ Institutions may organise Yoga related activities such as lectures, workshops, Seminars, Debates and training programmes etc. by inviting Yoga experts. Minimum 15 days Yoga Training Programme 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.

56-57, सांस्थानिक क्षेत्र, जनकपुरी, नई दिल्ली - 110058

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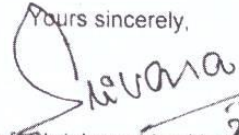
EPABX : viceschancellor@csu.ac.in / vc@csu.ac.in WEBSITE : www.sanskrit.nic.in

- Autonomous bodies/universities/institutes 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.
- Autonomous bodies/universities/institutes can 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 or 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 organised by the Ministry of Ayush through MyGov Portal.
- Institutions may plan long term activities related to Yoga concentrating on the health of their students/staff.
- Institutions may create permanent Yoga facilities for the practice or regular basis within the institute.
- Promotion of #Hashtag and live events through official channels of the department will help in creating awareness among the students/staff. They may also be encouraged to participate in live online Yoga discourses with prominent Yoga Gurus for insightful discussions.
- Encourage all 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.
- The campaign of Government of India, "catch the rain, where it falls, when it falls" may be promoted in letter and spirit by all Higher Educational Institutes.

An online meeting is being organized on 6th April, 2022 at 02.30 to 03.30 pm for discussion in this regard. The link will be made available as soon as possible by the Vice Chancellor's Office, CSU.

Kindly confirm your participation along with a Senior Professor/ Dean/HoD. Yoga and Sports.

Thanking you,

Yours sincerely,

 (Prof. Shrinivasa Varakhedi)
 Vice Chancellor
 2/4/22

Copy to :-

Prof. Banmali Biswal, Director (Academic Affairs) CSU, New Delhi to follow-up the programme in the presence of Hon'ble Vice Chancellor, CSU.