



# गोंडवाना विद्यापीठ, गडचिरोली

महाराष्ट्र शासनअधिसूचनाक्रमांक २००७/(३२२/०७) विशी-४महाराष्ट्रविद्यापीठअधिनियम १९९४ (१९९४ चामहा. ३५)  
च्या कलम ३ च्यापोटकलम (२) अन्वयेदिनांक २७ सप्टेंबर, २०११ रोजीस्थापीतव महाराष्ट्र सार्वजनिकविद्यापीठअधिनियम, २०१६  
(सन २०१७ चामहाराष्ट्रविद्यापीठअधिनियमक्रमांक ६) द्वारासंचालितराज्य विद्यापीठ)

## (कुलसचिव कार्यालय)

एम.आय.डी.सी. रोड, कॉम्प्लेक्स, गडचिरोली- ४४२६०५

फोन/फॅक्सनंबर ०७१३२-२२३१०४

E-Mail :gug.registrar@gmail.com

जा.क्र./गोंवीग/कुसका/ ६१५२ /२०१९

दिनांक: १८/०६/२०२०

### परिपत्रक

विषय:- आंतरराष्ट्रीय योग दिवस साजरा करण्याबाबत.

संदर्भ:- ०१) F. No. P-24-1 /2020/ NSS/DTE/878-894 भारत सरकार युवा कल्याण व खेळ मंत्रालय, नवी दिल्ली, दिनांक ११जून २०२०

०२) D.O.M.16011/42/2019-YN 11<sup>th</sup> june,2020 भारत सरकार आयुर्वेद, योग व प्राकृतिक चिकित्सा युनानी,सिध्द एवं होम्योपैथी (आयुष) मंत्रालय आयुष भवन, नई दिल्ली.

गोंडवाना विद्यापीठाशी संलग्नीत सर्व महाविद्यालये तसेच विद्यापीठाचे पदव्युत्तर शैक्षणिक विभाग, अधिकारी व कर्मचारी याना परिपत्रकाव्दारे कळविण्यात येते की, दिनांक २१ जून हा दिवस आंतरराष्ट्रीय योग दिवस म्हणुन संपुर्ण जगामध्ये साजरा केला जातो हे आपणास विदीतच आहे. त्या अनुषंगाने भारत सरकारच्या आयुर्वेद/योग व प्राकृतीक चिकीत्सा युनानी सिध्द व होमीयोपॅथी (आयुष) मंत्रालयाने 'माझे आयुष्य - माझा योग'/जिवन योगा व्हिडीओ ब्लागिंग स्पर्धा आयोजित केली आहे. यास्तव ३ मीनीटाचा योगा करताना व्हिडीओ तयार करुन फेसबुक /इंस्टाग्रामवर फोटो अपलोड करावे, असे आवाहन केलेले आहे. या संदर्भात सविस्तर माहीती <https://we.ti/t-k0y4LF5kIL> या वेबसाईटवर दिलेली आहे. करीता सर्व विद्यार्थी/ कर्मचारी/अधिकारी व शिक्षक त्यांच्या कुटुंबातील सर्व सदस्य सदर स्पर्धेत सहभागी होण्याकरीता प्रोत्साहीत करुन २१ जून ला सकाळी ७.०० वाजता कुटुंबातील सर्व सदस्यासह योग करुन योगदिवस साजरा करावा.

(डॉ. ईश्वर श्रा. मोहर्ले)

कुलसचिव

गोंडवाना विद्यापीठ, गडचिरोली.

F.No P-24-1/2020/NSS/DTE/478-894  
Government of India  
Ministry of Youth Affairs and Sports  
Department of Youth Affairs  
**Directorate of National Service Scheme**  
12/11, Jamnagar House, New Delhi-110011

Dated: 11<sup>th</sup> June, 2020

To,  
The Regional Director,  
All Regional Directorates of NSS.

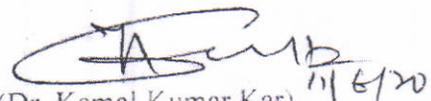
**Sub: Observation of International Day of Yoga- 2020 – Guidelines for NSS Units- reg.**

Sir/ Madam,

This year's International Day of Yoga will be observed on the theme **Yoga @Home and Yoga with family**. The details of activities are enclosed which is taken from the website of Ministry of AYUSH for your reference.

In this connection you are requested to issue necessary instructions to the field units and submit photos as well as reports to the Directorate and post the same in social media handles like Facebook, Twitter and YouTube of your office before and after the IDY is organized. Further, you are requested to periodically check the Ministry of AYUSH website (<https://www.ayush.gov.in/>) for any update in this regard.

Yours faithfully,

  
(Dr. Kamal Kumar Kar) 11/6/20  
Assistant Programme Adviser

Enclosed: as above

Copy to:

1. Director, NSS, MoYAS, Shastri Bhavan .
2. Under Secretary, NSS Section, MoYAS, Shastri Bhavan

## Guideline for NSS units in observing of International Day of Yoga-2020

IDY-2020 presents an occasion for all the NSS units in the Universities & their affiliated colleges along with all the schools to come forward and spread the message about the rewards of regular practice of yoga among NSS volunteers, students/employees/staffs. Every individual stands to gain from the regular practice of yoga through long term benefits in health, happiness and well-being. Each Student/Staff can play an important role in making IDY an effective national movement for health and wellness. Here are some suggested activities to reach out to all the NSS volunteers students/ employees/ staffs and induct them into the blissful world of yoga:

- This year's IDY will be observed around the themes Yoga @Home and Yoga with family.
- Efforts may be taken to organize Yoga related activities such as online lectures, workshops etc. by Yoga experts, starting 1 week ahead of IDY. This would help in building up enthusiasm as we draw closer to 21st June, 2020.
- The Common Yoga Protocol shall be performed individually or with family within the confines of their homes on 21st June, 2020 from 7:00 A.M. to 7:45 A.M. followed by any suitable and customized 15-minute programme on Yoga
- Some competitions on Yoga-theme may also be organized to create interest among the students/employees.
- NSS units may arrange a live screening of Doordarshan's national telecast related to International Day of Yoga on 21st June, 2020, to foster the sense of participating in the nation-wide yoga movement.
- Banners/ Cut outs on IDY - 2020 may be displayed at vantage points.
- NSS units can display Yoga Charts and standees inside their offices.
- If the NSS units are having any official newsletter, bulletin or magazine, articles and related matter about Yoga may be published.
- NSS units may encourage NSS volunteers to participate in quiz and other competitions being organized by Ministry of AYUSH. They may encourage NSS volunteers to participate in the online video contest (My Life- My Yoga) conducted by CCRYN, Ministry of AYUSH and ICCR. One can find the guidelines and competition details in the yoga portal of Ministry website.
- Organize Yoga lectures, webinars on health in association with NGOs involving Yoga experts.
- It is of utmost important that the concept of Yoga@Home be highlighted in any such communication, due to COVID-19 to avoid any miscommunication/misunderstanding which may lead to the violation of leading Govt advisories on the management of the pandemic—especially mass gatherings, social distancing norms, and use of basic protective measures such as masks and sanitizers.
- NSS units may plan long term activities related to Yoga, so that the impact of IDY-related mobilization goes on well beyond 21st June, 2020.



Vikram Singh  
Director

भारत सरकार  
आयुर्वेद, योग व प्राकृतिक चिकित्सा  
यूनानी, सिद्ध एवं होम्योपैथी (आयुष) मंत्रालय  
आयुष भवन, 'बी' ब्लॉक, जी.पी.ओ. कॉम्प्लेक्स  
आई.एन.ए., नई दिल्ली-110023  
GOVERNMENT OF INDIA  
MINISTRY OF AYURVEDA, YOGA & NATUROPATHY  
UNANI, SIDDHA AND HOMOEOPATHY (AYUSH)  
AYUSH BHAWAN, 'B' BLOCK, GPO COMPLEX  
INA, NEW DELHI-110023

D.O. M.16011/42/2019-YN  
11<sup>th</sup> June, 2020

Respected Madam/Sir

As you are aware, the Hon'ble Prime Minister in his Mann Ki Baat address on 31<sup>st</sup> May announced the contest, and called upon one and all to participate in the same.

The "My Life – My Yoga" (also called "Jeevan Yoga") Video Blogging Contest is a joint effort by the Ministry of AYUSH and the Indian Council for Cultural Relations (ICCR). The contest focuses on the transformative impact of Yoga on the lives of individuals, and comes as one of the activities related to the observation of the sixth International Day of Yoga (IDY) coming up on 21st June 2020. The contest has gone live on the social media handles of the Ministry of AYUSH from 31<sup>st</sup> May 2020. It has since been made open on the MyGov platform as well.

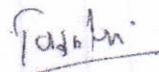
The Ministry of AYUSH has made open multiple channels for facilitating easy entry into the contest. The participants are required to upload a 3 minutes duration video of 3 Yogic practices (kriya, asana, pranayama, bandha or mudra), including a short video message/description on how the said Yogic practices influenced their life. The video may be uploaded on Facebook, Twitter OR Instagram with the contest hashtag #MyLifeMyYogaINDIA and appropriate category hashtag. Detailed guidelines for participation can be found on the Yoga Portal of Ministry of AYUSH (<https://yoga.ayush.gov.in/yoga/>). Entries to the competition can also be submitted through two other channels: (i) the MyGov platform, and (ii) the contest website, namely <http://mylifemyyoga2020.com/>. Thus, taking part in the competition and submitting entry for the same has been made simple for the public.

We are happy to forward herewith the following link to various promotional material relating to the contest: <https://we.tl/t-k0y4LF5kIL>. It is requested to kindly to issue directions to the concerned in your university/ institute to download and use the said material in a manner deemed appropriate in the social media and other communication channels to publicise the contest. It is requested that the social media channels of all the subordinate units of your university, including field formations, educational institutions etc. may also be utilised for this. It is also requested to cause issuing appropriate messages based on the above to the staff and their families of your university/ institute and its subordinate units to inform them about the contest and to inspire them to join the same.

The announcement of the contest by the Hon'ble PM has generated tremendous curiosity about and interest in it. The Ministry of AYUSH is confident that this interest would convert into significant public health gains, as the positive impact of Yoga in the management of many aspects of the COVID-19 pandemic situation is by now well accepted.

Ministry of Ayush would appreciate participation of members of your university / Institute in MyLifeMyYoga contest as well as during observation of IDY 2020 at 7am on 21<sup>st</sup> June at home with their family members.

Kind regards



(Vikram Singh)

To: All the Vice Chancellors of universities/ Heads of Educational Institutes.