

GOVERNMENT OF ANDHRA PRADESH

OFFICE OF THE
COMMISSIONER OF TECHNICAL EDUCATION
ANDHRA PRADESH :: VIJAYAWADA

Cir. Memo. No. FI/372/2022

Dated: 13.06.2022

Sub: Technical Education - Establishment - Celebration of 8th International Day of Yoga - 2022 will be celebrated across the country on 21.06.2022 - Instructions - Issued.

Ref: D.O. Letter No. 1741767/Clinical.1/2022-5, dt: 08.06.2022 of Commissioner, AYUSH Department.

In the ref cited, the Commissioner, AYUSH Department has informed that, "**8th International Day of Yoga-2022**" will be celebrated across the country **on 21.06.2022** with the theme of "**Yoga for Humanity**" aimed at promoting a sense of unity across the Globe. Hence, he has requested to issue instructions to all the educational institutions under the control of this Department to celebrate International Day of Yoga on 21.06.2022 by following Common Yoga Protocol (CYP) designated by the Government of India which is available in internet, to propagate the concept of yoga and its importance in health and wellness to the general public.

2. While enclosing a copy of the reference cited, the Regional Joint Directors of Technical Education, Tirupati & Kakinada; Secretary, SBTET, A.P., Vijayawada and the Principals of all Government Polytechnics and affiliated Private Polytechnics in the State are requested to celebrate the "**8th International Day of Yoga-2022**" in a befitting manner and actively participate in the same conducted by the District Collectors in their respective regions.

Encl: As above

Sd/- Dr. POLA BHASKAR
COMMISSIONER

To

The RJDTes, Kakinada and Tirupati.

The Principals of all Government Polytechnics & Affiliated Private Polytechnics in the State.

The Secretary, SBTET, A.P., Vijayawada with a request to make necessary arrangements in the O/o CTE.

All the Officers and Staff in the Commissionerate.

Copy to the Commissioner, AYUSH Department, Gollapudi, Vijayawada.

//FBO//


SUPERINTENDENT
13/6/2022

Col V. Ramulu I.Po.S.
Commissioner
AYUSH Department



22-19, 4th Floor, Jasthi Towers,
Saipuram Colony Road, Gollapudi,
Vijayawada - 521 225.
Tel : 0866 2410066
Fax : 0866 2410065
E-mail : ayushcommrap@gmail.com
ayushdept@yahoo.co.in

D.O. Letter No.1741767/Clinical.1/2022-5, Dated: 08/06/2022.

Dear *Sir,*

As you are aware **8th International Day of Yoga-2022** will be celebrated across the country on **21.06.2022**. This year's theme is **'Yoga for Humanity'** aimed at promoting a sense of unity across the Globe.

It is decided to use the occasion to propagate the concept of yoga and its importance in health and wellness to the general public. Hence, you are hereby requested to issue instructions to all the education institutions under your control to celebrate International Day of Yoga on 21.06.2022 as per the Common Yoga Protocol (CYP) designed by the Government of India which is available in internet.

You are further requested to utilize the services of AYUSH Department for successful conduct of the event and also direct the staff & students of your affiliated Institutions to actively participate in the International Day of Yoga celebrations conducted by District Collectors in their respective locations.

You are also requested to involve local Yoga associations, public, students in a big way to make the celebrations a grand success.

with regards,

Yours sincerely,

Ramulu
(Col. V. Ramulu)

To
Dr. Pola Bhaskar, I.A.S.,
Commissioner,
Collegiate Education Department,
Andhra Pradesh.

SUGGESTED ACTIVITIES FOR IDY 2022

CITIZENS

Yoga is an invaluable ancient Indian practice with numerous benefits to both physical and mental health. The International Day of Yoga has evolved into India's most significant public health initiative taken by the Government of India by shaping it into a form of a mass movement.

Citizens can also be actively involved in IDY through the following suggested activities:

- Guardian Ring: An innovative program named "Guardian Ring", will showcase the IDY celebration in 75 countries from east to west, with the movement of the sun, covering 16 time zones. It will be a wonderful Relay Yoga Streaming program telecasted live on DD channels.
- CYP demonstration at 75 heritage/iconic sites: To celebrate Azadi ka Amrit Mahotsav, CYP demonstration at 75 heritage/iconic sites of tourist importance across the country promoting India Branding (Monument in the Background). (<https://www.yogamandniy.nic.in/>)
- Static and Innovative Digital Exhibition: The Ministry of Ayush will organize a "Digital Yoga Exhibitions" at Mysuru, Karnataka on Yoga's ever-increasing global impact. The exhibition will showcase the illustrious history and development of Yoga and the achievements of all previous editions of the International Day of Yoga including the strength of Yoga, best practices, research highlights, Common Yoga Protocol, etc. (<https://www.yogamandniy.nic.in/>)
- Start-up Yoga challenge: The Start-up Yoga challenge has been launched by the Ministry of Ayush, in partnership with Startup India and Invest India, that envisages inviting startups and individuals who have developed products (devices or software applications or both) related to yoga to track the treatment delivery and outcome trajectory over time and will provide valuable health-related information about these interventions. The main objectives of the start-up challenge in yoga and wellness applications will be to identify and nurture key talent and innovators in this sector and develop smart novel products in this area. (<https://www.yogamandniy.nic.in/>)
- Joining thousands of others on IDY by doing the Common Yoga Protocol (CYP) performance on 21st June 2022. You may join the activity from your home or you have the option of using the national television or any other appropriate CYP video for guidance.
- If you are a newcomer to Yoga, this will be a more exciting venture. However, you would require some advance training in CYP ahead of IDY, i.e., well before 21st June. You may learn CYP from a qualified trainer, or you can use digital resources. CYP training videos are available on MoA's Yoga Portal (<https://yoga.ayush.gov.in/yoga/>) and on MDNIY's website (<http://www.yogamandniy.nic.in/>) (<http://www.yogamandniy.nic.in/>). They are also available on social media handles and platforms of the Ministry and MDNIY as free resources.
- You can also refer to YouTube videos on the Common Yoga protocol available in various languages (<https://yoga.ayush.gov.in/common-yoga-protocol>) (<https://yoga.ayush.gov.in/common-yoga-protocol>)).
- Participate in the quizzes, photo contests hosted on MyGov platform (<https://www.mygov.in/>) (<https://www.mygov.in/>) ensuring that you are part of the buzz around IDY.

YOGA ORGANIZATIONS AND NGOS

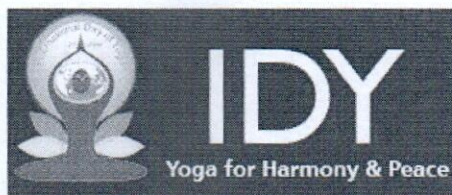
YOGA PROFESSIONALS

CENTRAL MINISTRIES/DEPARTMENTS AND STATE/UT ADMINISTRATIONS

PRIVATE COMPANIES AND PSUS

SCHOOL/COLLEGE/UNIVERSITIES

GRAM PANCHAYATS, MUNICIPAL CORPORATIONS, HOUSING SOCIETIES, AND OTHER CIVIL SOCIETY BODIES



(https

This Portal is designed, developed and hosted by the Ministry of Ayush, Government of India.

(https



(https


(https


l3zrN


[Website Policies \(./website-policies\)](#)


[Related Links \(./ministries-link\)](#)

[Contact Us \(./contactus\)](#)

 <https://www.instagram.com/ministryofayush>

 <https://twitter.com/moayush>

 <https://www.youtube.com/channel/UCqRFR2gs-l3zrNcE4so4TpgQ>

 <https://www.facebook.com/moayush/>

© 2022 Ministry of Ayush. | Government of India, All rights reserved.