



छत्रपति शाहू जी महाराज विश्वविद्यालय, कानपुर
CHHATRAPATI SHAHU JI MAHARAJ UNIVERSITY, KANPUR

कल्यानपुर, कानपुर-208024

Kalyanpur, Kanpur-208024

दिनांक: 17/06/2020

पत्रांक-सी.एस.जे.एम.वि.वि./R.Camp/3004/2020

To

The Principal, Affiliated Colleges/

Director/ HOD/ Incharges of different Institutes/ Departments,

Dean, Student welfare/ Proctor, University Campus.

Subject: International Day of Yoga, 21 June, 2020, Yoga @home & Yoga with family

Dear Sir/ Madam

Congratulations for deciding to be a part of IDY-2020

Yoga is an invaluable ancient Indian practice with numerous benefits to both physical and mental health. Given the context of the current COVID-19 pandemic including restrictions on the movement of people and a slowdown in economic activity, the benefits offered by Yoga have become especially important for physical and mental wellbeing. Of particular importance are its proven benefits on general health and immunity enhancement, along with its globally accepted role as a stress buster.

As the mass performance of the Common Yoga Protocol(CYP) one of the most popular Yoga performances across the world -will remain at the heart of the International Day of Yoga like always, this year IDY will be observed in a non-congregative manner. **Therefore you and your family are requested to join thousands of others on this day from your respective homes by doing the 45 minutes long CYP drill at 7 AM on 21st June, 2020.** The CYP is Yoga protocol developed by accomplished yoga experts, to facilitate harmony in the observance of IDY. Over the few years it has become one of the most popular Yoga programmes in the world. It is designed to be easily adoptable by the the majority of the people irrespective of age and gender, which can be learnt through simple training sessions, even through online classes (individuals facing health issues are advised to consult a physician before taking up Yoga practice).

To make the observation of IDY at home possible, the ministry of AYUSH & other stake holders have been running multiple training programs on Yoga and CYP. These programs are being intensified & daily online sessions on CYP will be streamed on the AYUSH ministry's social media platforms as well as partner TV channels. You may follow the ministry's social media handles for additional details. Announcement on specific activities for 21st June will also be made available on these channels as we approach the IDY. Various reputed yoga institutions will also be imparting online training lessons in CYP in the coming days.

If you already trained in CYP, please start teaching the same to your family members.

Kindly circulate this information to your teachers, employees and students and ask them to practice yoga as per CYP on 21st June, 2020, from 7 am to 7:45 am.

Please also send participation detail as per attached format on the email id- healthsciencescsjmu@gmail.com.

Dr. Anil Kumar Yadav

Registrar

Annexure 4: Participation details (Yoga@Home)

IDY Participation 2020 - 21st June 2020

S. No	Name of organization/ institute	Location	Number of People Participated(Yoga@Home)

International Day of Yoga (IDY) Videos (Hindi & English) and Links of Videos in 14 Regional Languages

S. No	IDY Videos – Common Yoga Protocol	YouTube Video Links
1.	International Day of Yoga 2019 Common Yoga Protocol - HINDI	https://www.youtube.com/watch?v=wgjZ_LyNI.Rw
2.	International Day of Yoga 2019 Common Yoga Protocol- ENGLISH	https://www.youtube.com/watch?v=K-GJh9GeOxE
3.	Common Yoga Protocol- Manipuri, International Day of Yoga - 2016	https://www.youtube.com/watch?v=iOGza5C9Yhl
4.	Common Yoga Protocol-Kannada, International Day of Yoga – 2016	https://www.youtube.com/watch?v=k5W4sR7Eres
5.	Common Yoga Protocol- Sanskrit, International Day of Yoga - 2016	https://www.youtube.com/watch?v=KYDYngTkslo
6.	Common Yoga Protocol-Marathi, International Day of Yoga - 2016	https://www.youtube.com/watch?v=JNvyqnlOYTY
7.	Common Yoga Protocol- Malayalam, International Day of Yoga - 2016	https://www.youtube.com/watch?v=ijJOAw-XO8
8.	Common Yoga Protocol-Bengali, International Day of Yoga - 2016	https://www.youtube.com/watch?v=oUIZzBbXzU
9.	Common Yoga Protocol- Kashmiri, International Day of Yoga - 2016	https://www.youtube.com/watch?v=06h8Prfon3Y
10.	Common Yoga Protocol-Tamil, International Day of Yoga - 2016	https://www.youtube.com/watch?v=x_d3Ay7iy3c
11.	Common Yoga Protocol-Urdu, International Day of Yoga - 2016	https://www.youtube.com/watch?v=PWwp4KDQRwQ
12.	Common Yoga Protocol-Telgu, International Day of Yoga - 2016	https://www.youtube.com/watch?v=hKUqsrAXC34
13.	Common Yoga Protocol-Assamese, International Day of Yoga - 2016	https://www.youtube.com/watch?v=PEkxjWdNUUQ
14.	Common Yoga Protocol-Punjabi (Full Version), International Day of Yoga - 2016	https://www.youtube.com/watch?v=LK4ZoeTKOdY
15.	Common Yoga Protocol-Oriya (full version), International Day of Yoga - 2016	https://www.youtube.com/watch?v=sqEHmSMCgt4
16.	Common Yoga Protocol-Gujarati (Full Version), International Day of Yoga - 2016	https://www.youtube.com/watch?v=0Bsb01XaC6E

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/
3.	Ministry of AYUSH – Facebook Page	https://www.facebook.com/moayush/
4.	Ministry of AYUSH – Twitter	https://twitter.com/moayush
5.	Ministry of AYUSH – Instagram	https://www.instagram.com/ministryofayush/?hl=en
6.	Morarji Desai National Institute of Yoga (MDNIY)	http://www.yogamdniy.nic.in/
7.	Central Council for Research in Yoga & Naturopathy (CCRYN)	http://ccryn.gov.in/
8.	National Institute of Naturopathy (NIN), Pune	http://punenin.org/index.htm
9.	Shri Ambika Kutir	www.ambikayogkutir.org
10.	Parmanand University Trust (Parmanand Institute of Yoga Sciences and Research)	www.parmyoga.org
11.	Sri Sri School of Yoga	www.srisrischoolofyoga.org
12.	The Yoga Institute	www.theyogainstitute.org
13.	Patanjali Yogpeeth (Trust)	www.divyayoga.com
14.	Swami Vivekananda Yoga Anusandhanasamsthana(S-VYASA)	www.svyasa.edu.in
15.	Kaivalyadhama Shriman Madhav Yoga Mandir Samiti, Kaivalyadhama Yoga Institute	www.kdham.com
16.	Krishnamacharya Yoga Mandiram	www.kym.org

S.No	Ministry of AYUSH/ Institutes	Website Links
17.	Yoga Vidya Gurukul	www.yogavidyagurukul.org
18.	Dev Sanskriti Vishwavidhyalaya	http://www.dsvv.ac.in/
19.	Hata Yoga Abhyaasa and Prachaara Trust	www.a1000yoga.com
20.	Yoga Niketan Trust	www.yoganiketan.org
21.	Lovely Professional University	https://www.lpu.in/