



F. No. ADPE/Int. Yoga Day/2023/01

Date: 23.05.2025

CIRCULAR

In pursuance of the Official Memoranda received from the Secretary, Department of Higher Education, Ministry of Education, and Government of India; vide D.O. No. 29-2/2025-S&S dated 18th March, 5th May 2025 respectively, and 19th May 2025 D.O No.M-16011/26/2025-YN from the Ministry of AYUSH, Rajiv Gandhi University joins the nation in the 100-day countdown to the International Day of Yoga – 2025, culminating on 21st June 2025, with scheduled activities from 14th May to 21st June 2025.

The following programme/activities are being scheduled:

S. No	Activity	Target Group	Tentative Date	Venue/Platform
1. YOGA UNPLUGGED – MAXIMIZING OUTREACH				
1.1	Yoga Competition	Students (University, College, School), Teaching & Non-Teaching Staff	23 rd –30 th May 2025	University Indoor Hall / Open Grounds
1.2	Yoga Quiz (Online/Offline)	Same as above	3 rd & 4 th June 2025	Mini Auditorium /Seminar Hall
1.3	Thematic Yoga Workshop: "Yoga For One Earth, One Health"	Open to All	14th May 2025	Mini Auditorium
1.4	Yoga Session for NCC and NSS Volunteers	NCC/NSS Units	10 th 12 th June 2025	RGU Main Ground
1.5	Social Media Yoga Engagement (Photo/Video Upload Campaign)	Students, Staff & Faculty	23 rd –21st June 2025	Instagram, Face book, Twitter
2. YOGA PRABHAVA – REFLECTION & DISSEMINATION				
2.1	Publication of Articles in Official e-Newsletter/Bulletin	Students, Staff & Faculty	25th May – 20th June 2025	Online/Official Channels
2.2	Circulation of Testimonials and Success Stories	Students, Faculty, Community	10th–21st June 2025	Online/Official Channels
3. YOGA MAHA KUMBH – MEGA EVENTS				
3.1	CYP (Common Yoga Protocol) Training	Open to All	14th May 2025	Main Playground / Student Activity Center
3.2	Yoga Sangam – Grand Celebration of IDY 2025	University Community, Guests & Stakeholders	21st June 2025	Main Playground / Student Activity Center
4. OTHER ACTIVITIES				
4.1	Launch of Namaste Yoga & Y-Break Apps	University Community	21st May 2025	Online / Official Channels
4.2	Samarpan Volunteer Programme	Open to All	23rd May – 20th June 2025	On & Off Campus

On this occasion, all Statutory Officers, Deans of Faculties, Heads/Directors of Departments and Institutes, faculty members, other officers, non-teaching employees, and students/research scholars are requested to participate in this event.

This is issued with the approval of the Vice-Chancellor.

Sd/-
Registrar

Copy to:

1. PS to Vice-Chancellor for information.
2. PS to Registrar/ Finance Officer/ CoE /DSW/ Librarian for information.
3. All Deans of Faculties for information.
4. All HoD/ Directors for information.
5. President/Secretary, RGUTA for information and wide circulation.
6. Chief Warden for information and wide circulations.
7. All faculty members for information.
8. All Joint Registrars for information.
9. Joint Director (CC) for information, with request to upload this on the university website.
10. Dr. A.Yuvaraj, Nodal Officer/Coordinator for the countdown activities to the International Day of Yoga for information and necessary action. He is requested to prepare a report along with a few photographs for onwards transmission to AYUSH/MoE/UGC.
11. All Branch Officers are request requested to ensure participation of all employees in the programme.
12. Executive Engineer for information and wide circulation.
13. All Deputy Registrars (Establishment/Adm/Veh) for information and wide circulation.
14. All Assistant Registrars / Hindi Officer for information and wide circulation.
15. Senior Security Officer for information.
16. President/General Secretary, RGUEA for information and wide circulation.
17. All Section Officers /Estate officer for information and wide circulation.
18. Sanitary Inspector/Manager (GH) for information and wide circulation.
19. President/General Secretary, RGUSU for information and wide circulation.
20. Office copy.


(Prof. Otem Padung)
Registrar