



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

Date: 26.05.2025

CIRCULAR

In pursuance of the Official Memorandum received from the Secretary, Department of Higher Education, Ministry of Education, Government of India (vide D.O. No. 29-2/2025-S&S dated 18th March and 5th May 2025), and the Ministry of AYUSH (vide D.O. No. M-16011/26/2025-YN dated 19th May 2025), Rajiv Gandhi University joins the nation in the 100-day Countdown to the International Day of Yoga (IDY) 2025, culminating on 21st June 2025 in which a series of signature activities have been planned from 14th May to 21st June 2025 to mark this global celebration.

As part of the observance, all Statutory Officers, Deans of Faculties, Heads/Directors of Departments and Institutes, faculty members, officers, non-teaching employees, and students/research scholars are requested to download and install the following mobile applications:

1. **Y-Break (Yoga Break @ Workplace)**

A simple yet powerful mobile app designed to help de-stress, refresh, and refocus during work hours.

2. **Namaste Yoga App**

A comprehensive platform to explore yoga events, locate trainers and centres nearby, making yoga accessible for all.



A photograph/screenshot as proof of having downloaded both apps must be forwarded/submitted to the Nodal Officer, Dr. A. Yuvaraj, Assistant Director of Physical Education (ADPE) via Email: adpe@rgu.ac.in or WhatsApp: 9444497050 on or before 20th June 2025, positively. This information will be consolidated and submitted to the Ministry of AYUSH through the IDY-2025 portal.

Sd/-

Registrar

Date: 26.05.2025

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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 for the countdown activities to the International Day of Yoga for information and necessary action.
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.

(Dr. N.T. Rikam)
Registrar