

No. EDN-HE(12)B(6)HSSA/2018  
Directorate of Higher Education,  
Himachal Pradesh.

Dated:- the, Shimla-171001

June/2018

To

All the Deputy Director of Higher Education  
All the Principal Govt. SSS in Himachal Pradesh.

Subject: Regarding celebration of International Day of Yoga (IDY) on 21 st  
June, 2018.

Memo

Enclose herewith a copy of letter No.EDN-B-GA(17)-6/2026-V1 dated  
19-06-2018 received from Secretary (Education) to the Government of Himachal Pradesh on the  
subject cited above.

In this behalf, you are directed to celebrate Yoga Day on 21.06.2018 and  
undertake the following activities in your institutions under your control to promote YOGA  
which is an in valuables gift for India's ancient tradition:-

1. To build a culture and environment for Yoga in University, Colleges  
and other Higher Education institutions (HELs).
2. To organize quiz competitions, lectures, special Yoga demonstration  
debates seminars and workshops on Yoga.
3. To hold Yogathons, Wiliness Centres, Poster Presentations and best  
research paper presentations on Yoga Day .
4. To disseminate and give wide publicity for Celebrations of IDY-2018.
5. To upload information regarding the activities conducted by them in  
respect of IDY-2018 on University Activity monitoring portal (<http://ugc.ac.in/uamp/>) created by  
UGC.
6. To encourage personnel in their respective organization to take active  
part in the IDY celebrations by locating their nearest Yoga Centre through the Yoga Locator app  
(available for download from the Google Play Store).

It is further directed to intimate action taken report to this directorate  
immediately.



(Dr. Amar Dev)  
Director Higher Education xd  
Himachal Pradesh, Shimla. 171001  
Ph. No.0177-2656621  
[e-mail-dir.edu.@rediff mail .com](mailto:e-mail-dir.edu.@rediffmail.com)

Endst. No. Even Dated Shimla the June, 2018

Copy for information and necessary action is forwarded to:-

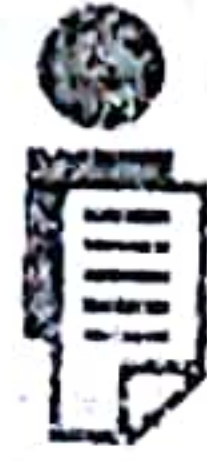
1. Registrar, MPU Shimla-171005 for info
2. The Supdt. IT Cell, Director of Higher Education, H.P. Shimla-1 with the direction to  
upload on the departmental website.
3. Guard File.



Director Higher Education,  
Himachal Pradesh Shimla-I.



Ishita Roy  
Joint Secretary (HE)  
Tele: 011-23381721  
Fax: 011-23385162



सूचना का  
अधिकार

*Yoga Day*  
*Al*  
*13/6/18*

मानव संसाधन विकास विभाग  
उच्चतर शिक्षा विभाग  
शास्त्री भवन  
नई दिल्ली - 110 115

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GOVERNMENT OF INDIA  
MINISTRY OF HUMAN RESOURCE DEVELOPMENT  
DEPARTMENT OF HIGHER EDUCATION  
SHASTRI BHAVAN  
NEW DELHI-110 115

D.O. No. 3-4/2018-U 5

*Shri Anun Kumar*

13<sup>th</sup> June 2018  
DHE, DEE/SPD  
copy of immediate

You may be aware that Ministry of AYUSH has taken up the preparation for celebration of International Day of Yoga (IDY) on 21<sup>st</sup> June, 2018 to take forward the momentum created by IDY 2015, 2016 and 2017 with greater and more active participation of youth during the current year.

2. Yoga, as you know, is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature, a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature.

3. The Inter-Ministerial Committee constituted for the celebration of IDY 2018 in its meetings held on 27<sup>th</sup> February, 2018 and 11<sup>th</sup> June, 2018 noted that the remarkable success of observation of IDY in the last three was due to active cooperation of various stakeholders including State Governments. It was stressed that this coordinated effort needs to continue in 2018 as well and all stakeholders must work towards promoting Yoga.

4. In this regard, you are requested to advise all Universities and Higher Educational Institutions in your State to undertake the following activities:-

- to build a culture and environment for Yoga in Universities, Colleges and other Higher Education Institutions (HEIs)
- to organize quiz competitions, lectures, special yoga demonstrations, debates, seminars and workshops on Yoga
- to hold Yogathons, Wellness Centres, Poster Presentations and best research paper presentations on Yoga Day
- to disseminate and give wide publicity for Celebrations of IDY-2018
- to upload information regarding the activities conducted by them in respect of IDY-2018 on University Activity Monitoring portal (<http://ugc.ac.in/uamp/>) created by UGC
- to encourage personnel in their respective organizations to take active part in the IDY celebrations by locating their nearest Yoga Centre through the Yoga Locator App (available for download from the Google Play Store).

5. An action taken note will be highly appreciated.

*Ishita Roy*

Yours sincerely,

(Ishita Roy)

Shri Anun Kumar Sharma, IAS  
Secretary (Education),  
Govt. of Himachal Pradesh,  
Secretariat, Shimla - 171 002

