

DIRECTOR ATE OF HIGHER EDUCATION  
CHANDIGARH ADMINISTRATION  
(Administration Branch)  
Additional Deluxe Building, 1st Floor, Sector -9  
Chandigarh-160009

No. DHE-UT-Ad.II-26(32)2012pf/1068

Dated:- 15/6/21

To

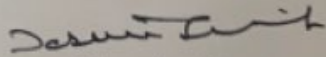
✓ The Principals  
All Govt./Aided Colleges,  
UT, Chandigarh.

Subject:- Regarding observing the 7<sup>th</sup> International Day of Yoga, 21<sup>st</sup> June  
2021 on Digital Mode. ....

It is intimated that the department of AYUSH, Chandigarh Administration in collaboration with Govt. College of Yoga Education & Health, Sector-23, Chandigarh is organizing 7<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June, 2021 on the theme "Be with Yoga, Be at Home". 21<sup>st</sup> June is observed all over the world with zeal and vigor, especially in our country as Yoga is integral part of our cultural heritage. The objective of observing this day is to generate interest in yoga among masses not just for this day but also to inspire them to make yoga part of their lifestyle. It is proven fact that yoga is as an indispensable skill in achieving holistic health and more relevant in this pandemic situation.

In accordance with the guidelines of Ministry of AYUSH, GOI, this year the event will be through digital mode. College You Tube Channel <http://www.youtube.com/c/GCYEH> and on Facebook page <http://m.facebook.com/gceyh> will be hosting the programme from 6.30 am onwards. For the practice of Common Yoga Protocol, one may visit <https://yoga.ayush.gov.in/common-yoga-protocol>. Also the college face book page and you tube channel is hosting the online preparatory camp everyday at 7.00 am to 7.45 am & 6.00 pm to 6.45 pm.


Considering the present pandemic situation and benefits of yoga you are, requested to advice the students & faculty members of your colleges to participate in the event alongwith their family members on 21<sup>st</sup> June 2021 at 6.30 am onwards.

  
Registrar Education(S),  
For Director Higher Education,  
Chandigarh Administration.

Endst.No.Even /1070

Dated:- 15/6/21

A copy is forwarded to the Principal, Govt. College of Yoga Education & Health, Sector-23, Chandigarh w.r.t. her letter No. GCYEH-23/A/2021/444 dated 11.6.2021.

  
Registrar Education(S),  
For Director Higher Education,  
Chandigarh Administration.