

चौधरी चरण सिंह विश्वविद्यालय, मेरठ
Chaudhary Charan Singh University, Meerut



पत्रांक : सम्बद्धता/6147

दिनांक : 19.6.2020

सेवा में,

1. समस्त विभागाध्यक्ष/समन्वयक/निदेशक
परिसर, चौ० चरण सिंह विश्वविद्यालय, मेरठ।

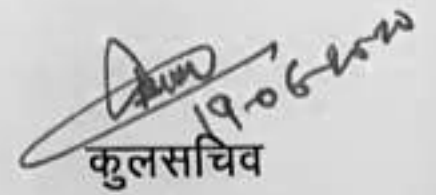
2. सचिव/प्राचार्य/प्राचार्या
समस्त सम्बद्ध महाविद्यालय/संस्थान
चौ० चरण सिंह विश्वविद्यालय, मेरठ।

महोदय,

कृपया इस पत्र के साथ संलग्न भारत सरकार आयुर्वेद, योग व प्राकृतिक चिकित्सा यूनानी, सिद्ध एवं होम्योपैथी (आयुष) मंत्रालय, आयुष भवन, बी० ब्लॉक, जी०पी०ओ० कॉम्पलेक्स, आई०एन०ए०, नई दिल्ली-110023 के पत्र दिनांक 11 जून 2020 का संदर्भ ग्रहण करें जिसके द्वारा मा० प्रधानमंत्री जी द्वारा दिनांक 31 मई 2020 को मन की बात कार्यक्रम द्वारा देश को सम्बोधित करते हुए छठे अन्तराष्ट्रीय योग दिवस दिनांक 21.06.2020 को "My Life - My Yoga" Video Blogging Contest आयोजित करने हेतु अपील की गयी है। जिसकी Video 31 मई से भारत सरकार (आयुष) मंत्रालय के पोर्टल पर अपलोड की जा रही है।

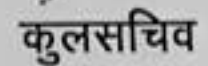
अतः भारत सरकार (आयुष) मंत्रालय के संलग्न पत्र के निर्देशानुसार कार्यवाही कराना सुनिश्चित करें।
संलग्नक:- यथोक्त।

भवदीय,


कुलसचिव

प्रतिलिपि:-

01. व्यक्तिगत सहायक कुलपति को मा० कुलपति जी के संज्ञानार्थ।
02. प्रभारी वेबसाइट इस निर्देश के साथ प्रेषित कि उक्त सूचना विश्वविद्यालय की वेबसाइट पर अपलोड करना सुनिश्चित करें।
03. प्रेस प्रवक्ता, चौधरी चरण सिंह विश्वविद्यालय, मेरठ को सूचनार्थ प्रेषित।


कुलसचिव



Vikram Singh
Director

भारत सरकार
आयुर्वेद, योग व प्राकृतिक चिकित्सा
यूनानी, सिद्ध एवं होम्योपैथी (आयुष) मंत्रालय
आयुष भवन, 'बी' ब्लॉक, जी.पी.ओ. कॉम्प्लेक्स
आई.एन.ए., नई दिल्ली-110023
GOVERNMENT OF INDIA
MINISTRY OF AYURVEDA, YOGA & NATUROPATHY
UNANI, SIDDHA AND HOMOEOPATHY (AYUSH)
AYUSH BHAWAN, 'B' BLOCK, GPO COMPLEX
INA, NEW DELHI-110023

D.O. M.16011/42/2019-YN

11th June, 2020

Respected Madam/Sir

As you are aware, the Hon'ble Prime Minister in his Mann Ki Baat address on 31st May announced the contest, and called upon one and all to participate in the same.

The "My Life – My Yoga" (also called "Jeevan Yoga") Video Blogging Contest is a joint effort by the Ministry of AYUSH and the Indian Council for Cultural Relations (ICCR). The contest focuses on the transformative impact of Yoga on the lives of individuals, and comes as one of the activities related to the observation of the sixth International Day of Yoga (IDY) coming up on 21st June 2020. The contest has gone live on the social media handles of the Ministry of AYUSH from 31st May 2020. It has since been made open on the MyGov platform as well.

The Ministry of AYUSH has made open multiple channels for facilitating easy entry into the contest. The participants are required to upload a 3 minutes duration video of 3 Yogic practices (kriya, asana, pranayama, bandha or mudra), including a short video message/description on how the said Yogic practices influenced their life. The video may be uploaded on Facebook, Twitter OR Instagram with the contest hashtag #MyLifeMyYogaINDIA and appropriate category hashtag. Detailed guidelines for participation can be found on the Yoga Portal of Ministry of AYUSH (<https://yoga.ayush.gov.in/yoga/>). Entries to the competition can also be submitted through two other channels: (i) the MyGov platform, and (ii) the contest website, namely <http://mylifemyyoga2020.com/>. Thus, taking part in the competition and submitting entry for the same has been made simple for the public.

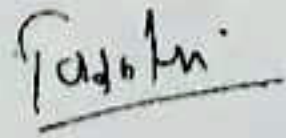
विद्यालय,

We are happy to forward herewith the following link to various promotional material relating to the contest: <https://we.tl/t-k0y4LF5kIL>. It is requested to kindly to issue directions to the concerned in your university/ institute to download and use the said material in a manner deemed appropriate in the social media and other communication channels to publicise the contest. It is requested that the social media channels of all the subordinate units of your university, including field formations, educational institutions etc. may also be utilised for this. It is also requested to cause issuing appropriate messages based on the above to the staff and their families of your university/ institute and its subordinate units to inform them about the contest and to inspire them to join the same.

The announcement of the contest by the Hon'ble PM has generated tremendous curiosity about and interest in it. The Ministry of AYUSH is confident that this interest would convert into significant public health gains, as the positive impact of Yoga in the management of many aspects of the COVID-19 pandemic situation is by now well accepted.

Ministry of Ayush would appreciate participation of members of your university / Institute in MyLifeMyYoga contest as well as during observation of IDY 2020 at 7am on 21st June at home with their family members.

Kind regards



(Vikram Singh)

To: All the Vice Chancellors of universities/ Heads of Educational Institutes.