



ಕರ್ನಾಟಕ ಸರ್ಕಾರ
ಕಾಲೇಜು ಶಿಕ್ಷಣ ಇಲಾಖೆ

ಸಂಖ್ಯೆ: ಕಾಶಿಇ/ಶೈವಿ/25/ಯೋಗ ದಿನಾಚರಣೆ/2023-24

ಕಾಲೇಜು ಶಿಕ್ಷಣ ಆಯುಕ್ತರ ಕಛೇರಿ
ಶೇಷಾದ್ರಿ ರಸ್ತೆ, ಬೆಂಗಳೂರು-560001.
ದಿನಾಂಕ:16.06.2023

ಸುತ್ತೋಲೆ

ವಿಷಯ: ಜೂನ್ 21 ನ್ನು 'ಅಂತರರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನ'ವನ್ನಾಗಿ ಆಚರಿಸುವ ಬಗ್ಗೆ.
ಉಲ್ಲೇಖ: ಕಾರ್ಯದರ್ಶಿಗಳು, ಆಯುಷ್ ಇಲಾಖೆ, ಭಾರತ ಸರ್ಕಾರ, ರವರ ಸಭಾ ಸೂಚನಾ
ಪತ್ರಸಂಖ್ಯೆ: ಆಯುಷ್/ಆ.ವಿ./09/2023-24 ದಿನಾಂಕ:13.06.2023.

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ವಿಶ್ವಸಂಸ್ಥೆಯು ಜೂನ್ 21 ನ್ನು 'ಅಂತರರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನ'ವನ್ನಾಗಿ ಘೋಷಿಸಿದೆ. ಯೋಗವು ಭಾರತದ ಪ್ರಾಚೀನ ಸಂಪ್ರದಾಯದ ಒಂದು ಅಮೂಲ್ಯ ಕೊಡುಗೆಯಾಗಿದ್ದು, ಇದು ಮನಸ್ಸು ಮತ್ತು ದೇಹದ ಏಕೈಕತೆಯನ್ನು ಸಾಕಾರಗೊಳಿಸಿದೆ. ಯೋಗವು ನಮ್ಮ ನಿತ್ಯ ಜೀವನದಲ್ಲಿ ಅಳವಡಿಸಿಕೊಳ್ಳಲು ಉದ್ದೇಶಿಸಲಾಗಿರುವಂತಹ ಉತ್ತಮ ಜೀವನ ನಿರ್ವಹಣೆಯ ಒಂದು ವಿಜ್ಞಾನವಾಗಿದೆ. ಇದು ಒಬ್ಬ ಮನುಷ್ಯನ ಶಾರೀರಿಕವಾದ, ಚೇತನಾತ್ಮಕವಾದ, ಬೌದ್ಧಿಕವಾದ, ಭಾವನಾತ್ಮಕವಾದ, ಮಾನಸಿಕವಾದ ಮತ್ತು ಆಧ್ಯಾತ್ಮಿಕವಾದ ಎಲ್ಲಾ ಸ್ತರಗಳಲ್ಲಿಯೂ ಕೆಲಸ ಮಾಡುತ್ತದೆ. ಇದು ಇಂದಿನ ಅತ್ಯಗತ್ಯವಾದ ಅವಶ್ಯಕತೆಯೂ ಮತ್ತು ನಾಳಿನ ಅಗತ್ಯವೂ ಆಗಿದೆ. ಯೋಗವನ್ನು ಅಭ್ಯಾಸ ಮಾಡುವುದರಿಂದ ಭಾವನಾತ್ಮಕ, ಮಾನಸಿಕ ಮತ್ತು ಶಾರೀರಿಕ ಹಂತಗಳ ಆಂತರಿಕ ಸಂಬಂಧಗಳ ಬಗ್ಗೆಯೂ ಮತ್ತು ಇವುಗಳಲ್ಲಿ ಯಾವುದಾದರೊಂದು ಅವ್ಯವಸ್ಥಿತವಾದರೆ ಇನ್ನಿತರ ಹಂತಗಳ ಮೇಲೂ ಹೇಗೆ ಪ್ರಭಾವ ಬೀರುತ್ತದೆ ಎಂಬ ತಿಳುವಳಿಕೆಯ ಬೆಳವಣಿಗೆಯಾಗುತ್ತದೆ.

ಈ ಹಿನ್ನೆಲೆಯಲ್ಲಿ, ಈ ಇಲಾಖಾ ವ್ಯಾಪ್ತಿಯ ಎಲ್ಲಾ ಸರ್ಕಾರಿ, ಖಾಸಗಿ ಅನುದಾನಿತ ಹಾಗೂ ಇತರ ಎಲ್ಲಾ ಕಾಲೇಜುಗಳಲ್ಲಿನ ಅತಿ ಹೆಚ್ಚು ವಿದ್ಯಾರ್ಥಿಗಳನ್ನೊಳಗೊಂಡಂತೆ 2023 ಜೂನ್ 21 ರಂದು 'ಅಂತರರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನ'ವನ್ನಾಗಿ ಆಚರಿಸಿ, ಈ ಮೂಲಕ ವಿದ್ಯಾರ್ಥಿಗಳಲ್ಲಿ 'ಯೋಗ' - ಇದರ ಮಹತ್ವ ಹಾಗೂ ಪ್ರಯೋಜನಗಳ ಬಗ್ಗೆ ವಿದ್ಯಾರ್ಥಿಗಳಲ್ಲಿ ಅರಿವು ಮೂಡಿಸುವ ಕಾರ್ಯಕ್ರಮಗಳನ್ನು ಹಮ್ಮಿಕೊಳ್ಳಲು ಅಗತ್ಯ ಕ್ರಮ ಕೈಗೊಳ್ಳುವಂತೆ ಸೂಚಿಸಲಾಗಿದೆ. ಈ ನಿಟ್ಟಿನಲ್ಲಿ ಜಿಲ್ಲಾಡಳಿತಗಳು ಹಾಗೂ ಕಾಲೇಜು ಶಿಕ್ಷಣ ಇಲಾಖೆಯ ಪ್ರಾದೇಶಿಕ ಜಂಟಿ ನಿರ್ದೇಶಕರ ಕಛೇರಿ ಇವರುಗಳು ನೀಡುವ ಸೂಚನೆಗಳನ್ನು ಕಟ್ಟುನಿಟ್ಟಾಗಿ ಪಾಲಿಸಲು ಹಾಗೂ ಕಾರ್ಯಕ್ರಮದ ಘೋಷೋದ್ದೇಶವನ್ನು ಕಾಲೇಜಿನ ವೆಬ್‌ಸೈಟ್‌ಗಳಲ್ಲಿ ಪ್ರಕಟಿಸಲು ಈ ಮೂಲಕ ತಿಳಿಸಲಾಗಿದೆ.

ಅಡಕ: ಉಲ್ಲೇಖಿತ ಪತ್ರದ ಪ್ರತಿ
(ಉಪ್ಪಣೆ ಆಯುಕ್ತರಿಂದ ಅನುಮೋದಿಸಲ್ಪಟ್ಟಿದೆ)

ಕಾಲೇಜು ಶಿಕ್ಷಣ ನಿರ್ದೇಶಕರು

ಇವರಿಗೆ,

1. ಎಲ್ಲಾ ಸರ್ಕಾರಿ, ಅನುದಾನಿತ ಹಾಗೂ ಖಾಸಗಿ ಪ್ರಥಮ ದರ್ಜೆ ಕಾಲೇಜುಗಳ ಪ್ರಾಂಶುಪಾಲರುಗಳಿಗೆ - ಸೂಕ್ತ ಕ್ರಮಕ್ಕಾಗಿ.
2. ಪ್ರಾದೇಶಿಕ ಜಂಟಿ ನಿರ್ದೇಶಕರು, ಕಾಲೇಜು ಶಿಕ್ಷಣ ಇಲಾಖೆ, ಬೆಂಗಳೂರು, ಮೈಸೂರು, ಶಿವಮೊಗ್ಗ, ಮಂಗಳೂರು, ಧಾರವಾಡ ಮತ್ತು ಕಲಬುರಗಿ- ಸೂಕ್ತ ಕ್ರಮಕ್ಕಾಗಿ.
3. ಮಾಹಿತಿ ತಂತ್ರಜ್ಞಾನ ಅಧಿಕಾರಿಗಳು, ಕಾ.ಶಿ.ಆ. ಕಛೇರಿ, ಬೆಂಗಳೂರು-ವೆಬ್‌ಸೈಟ್‌ನಲ್ಲಿ ಪ್ರಕಟಣೆಗಾಗಿ.
4. ಕಛೇರಿ ಪ್ರತಿ.



श्री राजेश कोटेचा
मुख्य सचिव
Shri Rajesh Kotecha
Secretary



सत्यमेव जयते

70
आजादी का
अमृत महोत्सव

भारत सरकार
आयुष मंत्रालय
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Tel. : 011-24651950, Fax : 011-24651937
E-mail : secy-ayush@nic.in
D.O. No. M-16011/13/2022-YN
18th May, 2023

Dear Chief Secretary,

As you know, Hon'ble Prime Minister took the novel initiative at the United Nations General Assembly (UNGA) to celebrate the International Day of Yoga (IDY) on 21st June every year for the past eight years. This has helped India spread the message and benefits of Yoga worldwide. Ministry of Ayush, being the nodal Ministry for observing the "International Day of Yoga," organizes various countdown events to raise awareness about the practice of Yoga for holistic well-being and sustainable living.

This year, the 100th day countdown to International Day of Yoga 2023 was held on March 13, 2023, at Talkatora Stadium, New Delhi. The 75th and 50th Countdown events were observed on April 7, 2023, in Dibrugarh, Assam, and on May 2, 2023, in Jaipur, Rajasthan, respectively. The 25th countdown will be held in Hyderabad, Telangana. The main event will be held on June 21, 2023, in Jabalpur, Madhya Pradesh. Furthermore, 100 Yoga events in hundred cities are being organized in collaboration with various stakeholders in the country to promote and popularize Yoga.

One of the themes being promoted for this year's IDY is the usage of 'हर घर-आंगन योग' aiming to reach every family for their wellness and health. To bring Yoga to 'Har Ghar- Aangan' and make it part of the daily routine of every individual, it is proposed that all public representatives from the State may be invited to show India's global unity for the cause of 'Public Health' and our commitment to Universal Health Coverage and Sustainable Development Goals (SDG-03-Good Health and Well-Being).

The States/ UTs have been supporting Ministry of Ayush for successful observation of IDYs in the past. I believe that the endeavour would continue. The suggestive activities which may be undertaken for IDY-2023 by States/ UTs are given in the Annexure. You are also requested to appoint a nodal officer from your State/ UT, not below the level of Director, to be the one-point contact for IDY-2023.

I look forward for a great mass movement in the form of IDY-2023. For any assistance in this regard Shri Vikram Singh, Director, Ministry of Ayush (Email: vikramsingh-cea@gov.in, Ph. No.: 01124656863, Mob. No.: 09868893051) or Dr. I.V Basavaraddi, Director Moraji Desai National Institute of Yoga (Email: dir-mdniy@nic.in, Ph. No.: 011-23711657, Mob. No.: 09810800289), may be contacted.

With regards,

Yours sincerely,

Encl.: As above.

(Rajesh Kotecha)

To

The Chief Secretaries/ Administrators of all States/UTs

Suggestive Activities of State Governments / UTs on IDY-2023

- State / UT administration strives to ensure that the observation of IDY-2023 reaches every town and every village of the country.
- Mobilization and spreading the messages about benefits of doing regular Yoga.
- Issuing internal guidelines for employees about background and observation of IDY.
- Identification of important locations of public importance and plan celebration yoga there. Observe IDY from Desert to Forest, River to sea, Village to Industry, Toddler to Old Age (Anganwadi to Old Age home- People under palliative care)
- Using social media platforms for posting IDY creatives/ latest updates. Following MoAyush social media profiles for updates and sharing them through circulars/ social media posts of government bodies.
- Display IDY/ LIFE mission logo on every website of State/ UT Govt. and Subordinate Organizations, circulate related material to all the employees/ general public.
- Organizing Yoga related activities. Maximum use/ dissemination of resources available in Yoga portal of Ministry of Ayush.
- Encourage employees to participate in activities already hosted on MyGov platform.
- Hosting IDY Banners/ PM's Quotes on Yoga on all public institutions like hospitals, health and wellness centres, police stations, bus stations, panchayath-municipality-corporation-taluk-village offices etc.
- Each District Magistrate may be directed to organize a countdown event by organizing a mass IDY demonstration (following CYP) at the district headquarters. CYP is available in YouTube / website of MoAyush/ MDNIY in multiple languages.
- Y-Break protocol/ app may be introduced to all government offices. Digital resources of Ministry such as Namaste Yoga App, Y-Break App, Yoga Calendar, Yoga Dictionary etc. may be publicized extensively.
- Organize CYP workshops/ online training programs in association with NGOs involving Yoga experts. Ensuring participation from Resident Welfare Associations.
- Publishing Yoga and IDY specific articles in official e-newsletters, bulletins, magazines etc.
- Organizing Yoga web/seminars. Promotion of IDY activities through social and cultural programs, nukkar natak etc. Promoting Yoga as an intangible cultural heritage.
- Observe IDY near Amrit Sarovars in villages.
- Making and disseminating IDY promotional videos by prominent celebrities/ sports persons, yoga gurus, cultural icons etc.
- Usage of eco-friendly yoga products and accessories.
- Using ASHA/ANM workers and prominent sports bodies, clubs and associations to spread the message of Yoga.
- Yoga at all Ayush HWCs and HWCs (of MoH&FW), and all facilities supported by NAM (Educational institutes, Health Facilities, etc.) and its branding.
- One 'Ayush Gram Unit' in each States-Achieving Sampurnn Yoga Grams by appointing Yoga Trainers in the identified villages.
- Sharing of the videos/ photos of the IDY observations with Control Room, which will be established in MDNIY.
- Encouraging common people to participate in IDY campaign activities organized by CSCs and Commonwealth Community Radio (CEMCA). CSCs can be used as a resource centre for various IDY activities.
- Involving Gram Pradhans, ward councillors and other local community leaders in spreading the message of yoga and leading the IDY main event.
- Record the activities/ participation numbers on 21st June - Ministry of Ayush will circulate digital forms for the same.



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D.O. No. M-16011/13/2022-YN

8th June, 2023

वैद्य राजेश कोटेचा
सचिव
Vaidya Rajesh Kotecha
Secretary

Dear Chief Secretary,

As you are aware the International Day of Yoga (IDY) is commemorated on June 21st every year with whole of Government approach with support from all Central Government Ministries and Departments and also in close co-ordination with various States/UTs and Yoga Institutions. It has been a worldwide celebration for the past 08 years and has effectively facilitated the global dissemination of the significance of practising Yoga for overall health and well-being and enduring sustainable lifestyle. I believe this year also we together will be able to conduct IDY '23 in a successful and monumental manner.

Various events have been organized to spread awareness about International Day of Yoga-100th, 75th, 50th, and 25th countdown events of IDY in New Delhi, Assam, Rajasthan, and Telangana respectively. I am happy to inform you that this year the main event will be held on June 21st, 2023, in Jabalpur, Madhya Pradesh, with Shri Jagdeep Dhankar, Hon'ble Vice President of India and will be telecast on Doordarshan from 6:00 AM to 7:45 AM.

The theme for this year is "Yoga for Vasudhaiva Kutumbakam". The Domestic tagline for IDY '23 is "Har Aangan Yog" being propogated to bring Yoga to every household at the grassroot level.

An indicative list of activities that can be undertaken by various Ministries/Departments and State/UT Governments is enclosed at Annexure-I. Further, Central Government Ministries/Departments and State/UT Governments are requested to take initiatives as considered appropriate by them and intimate to us for compilation and wide coverage.

A handbook prepared by the Ministry having information of various activities/ resources is enclosed at Annexure - II.

Looking forward to a grand gathering for the International Day of Yoga, 2023. For any assistance Shri Vikram Singh, Director, Ministry of Ayush (Email: vikramsingh-cea@gov.in, Ph. No. : 01124656863, Mob. No. : 09868893051) or Dr. I.V Basavaraddi, Director, Morarji Desai National Institute of Yoga (Email: dir-mdniy@nic.in, Ph. No. : 011-23711657, Mob. No. : 09810800289), may be contacted.

With regards,

Yours sincerely,

Encl: As Above

(Rajesh Kotecha)

To,

Chief Secretaries/ Administrators of all States/UTs

Annexure-I

Suggestive Activities for States/UTs Government on IDY 2023

- Activities as per ppt attached.
- Observe IDY from Desert to Forest, River to sea, Village to Industry, toddler to Old Age. (Anganwadi to Old Age home- People under palliative care)
- Encourage employees to participate in activities already hosted on MyGov platform.
- Display IDY logo and Banners on website, PM's Quotes on Yoga on offices/ ABs, subordinate and attached organizations.
- Propagation at Amrit Sarovars, hospitals, health and wellness centers, police stations, bus stations, panchayat, municipality-corporation-taluk-village offices, Resident Welfare Associations.
- Y- Break protocol/ app may be introduced to all government offices.
- Publishing Yoga and IDY specific articles in official e-newsletters, bulletins, magazines etc.
- Organizing Yoga webinars, workshops. Employees may be encouraged to participate in these and get quality training in the same.
- Promotion of IDY activities through social and cultural programs, nukkad natak etc.
- Making and disseminating IDY promotional videos by prominent celebrities/sports persons, yoga gurus, cultural icons etc.
- Usage of eco-friendly yoga products and accessories.
- Using ASHA/ANM workers, SHGs, Youth organizations. Volunteers, prominent sports-bodies, corporates, startups, clubs and associations to spread the message of Yoga.
- Encouraging common people to participate in IDY campaign activities organized by CSCs and Commonwealth Community Radio (CEMCA).
- Sharing of the videos/ photos of the IDY observations at the following (Email: idy2023ayush@gmail.com) with description of place and number of participants.
- Creatives and other material for IDY 2023 amplification are available at <https://bit.ly/45OC60n>