

From

Director General Higher Education, Haryana,  
Shiksha Sadan, Sector-5, Panchkula.

To

1. All the Vice Chancellors/Registrars of State/Private Universities in the state of Haryana.
  2. All the Principals of Govt. Colleges in the State of Haryana
  3. The Principals of Govt. Aided Colleges in the State of Haryana.
  4. The Principals of Self Financed Colleges in the State of Haryana
- Memo No. 9/115-2023 Co.(3)  
Dated Panchkula, the 17.6.2025

**Subject: Organization of 11<sup>th</sup> International Day of Yoga (IDY) – Conduct of Yoga Activities on June 21, 2025 (7 AM- 7:45 AM)**

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Kindly refer to the subject cited above.

A copy of D.O. No. 29-2/2025-S&S, dated 22.05.2025 received from the Secretary, Govt. Of India, Ministry of Education, Department of Higher Education, New Delhi is forwarded with the request to take appropriate action & actively participate and arrange for conducting Common Yoga Protocol (CYP) on 21.6.2025 from 7:00 AM-7:45 AM on a mass scale in their campuses synchronized with the main event led by Hon'ble Prime Minister of India.

The following links are reiterated for ease of access -

1. For registration on the Yoga portal - <https://yoga.ayush.gov.in/yoga-sangam>
2. Reference video to assist in filling out the registration form: [https://youtu.be/bCw\\_Ug00lEs?si=dh-Txnpys7yRRui](https://youtu.be/bCw_Ug00lEs?si=dh-Txnpys7yRRui)
3. Relevant details for organizing the event including the SOPs, videos on CYP, branding collaterals etc. can be found at [https://drive.google.com/drive/folders/1fl\\_e8mqwoh7yZeI6GYUsfdvpCHUIOIEL](https://drive.google.com/drive/folders/1fl_e8mqwoh7yZeI6GYUsfdvpCHUIOIEL)
4. Survey form - Post event (on or after 21st June, 2025), visit the Yoga portal <https://yoga.ayush.gov.in/> and submit the post-event survey form.
5. For any other information or clarifications, may write at [idy.coordination@gov.in](mailto:idy.coordination@gov.in).

The compilation report of the Universities/Colleges of the State of Haryana may be submitted in the google link. The link will be shared separately.

  
Joint Director Co-ordination


for Director General Higher Education,  
Haryana, Panchkula

Dated Panchkula the

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A copy of the above is forwarded to the following for information and necessary action:-

1. The Secretary, Govt. Of India, Ministry of Education, Department of Higher Education, New Delhi vide their D.O. No. . 29-2/2025-S&S, dated 22.05.2025.
2. Director General Ayush Haryana.
3. The Chairman, Haryana Yog Aayog.
4. PS/ Additional Chief Secretary to Government Haryana, Higher Education.
5. PS/Director General Higher Education
6. Incharge IT Cell to upload this letter.

  
Joint Director Co-ordination  
for Director General Higher Education,  
Haryana, Panchkula

डॉ. विनीत जोशी, भा.प्र.से.  
सचिव

Dr. VINEET JOSHI, IAS  
Secretary

Tel. : 011-23386451, 23382698  
E-mail : secy.dhe@nic.in



भारत सरकार  
Government of India  
शिक्षा मंत्रालय  
Ministry of Education  
उच्चतर शिक्षा विभाग

Department of Higher Education

127 'सी' विंग, शास्त्री भवन, नई दिल्ली-110 001  
127 'C' Wing, Shastri Bhawan, New Delhi-110 001

New Delhi, the 22<sup>nd</sup> May, 2025

D.O. No. 29-2/2025-S&S

Dear Ma'am/Sir,

As you may be aware, we have successfully completed a decade of celebrating the International Day of Yoga (IDY), and in 2025, we are celebrating the 11<sup>th</sup> IDY in a truly global and inclusive manner, with the cooperation of all stakeholders.

2. As part of IDY 2025, to mark this significant milestone, the Ministry of Ayush has curated a series of activities spread over a 100 day-period up to June 21, 2025. These events are designed to extend the benefits of Yoga to people everywhere.

3. 'Yoga Sangam' is the flagship IDY event, featuring mass Yoga demonstration based on the Common Yoga Protocol (CYP). The event will be conducted simultaneously across 1,00,000+ locations across India on 21<sup>st</sup> June 2025 from 7 AM – 7:45 AM. The event will be led by the Hon'ble Prime Minister of India. In this connection, in the first instance, all the State/UTs Higher Educational Institutions are required to register as an organiser on the Yoga portal (<https://yoga.ayush.gov.in/yoga-sangam>) and conduct a 'Yoga Sangam' event on 21<sup>st</sup> June, 2025 at their respective institutions. The video link [https://youtu.be/bCw\\_Ug00IEs?si=dh-TxnpYJs7yRRui](https://youtu.be/bCw_Ug00IEs?si=dh-TxnpYJs7yRRui) may be referred for ease of registration.

4. The relevant details for organizing the event including the SOPs, videos on CYP, branding collaterals etc. can be found at [https://drive.google.com/drive/folders/1fl\\_e8mqwoh7yZel6GYU5fdvpchUIOIEL](https://drive.google.com/drive/folders/1fl_e8mqwoh7yZel6GYU5fdvpchUIOIEL).

5. The State / UTs HEIs may also be requested to visit the Yoga portal (<https://yoga.ayush.gov.in/>) post event (on or after 21<sup>st</sup> June, 2025) and submit the post-event survey form such as the number of participants and images from the event. Organisers will be felicitated for the successful execution of their 'Yoga Sangam' event by Ministry of Ayush. Certificates will be sent to the registered email address of organisers after they submit their post-event survey forms. HEIs may write at [idy.coordination@gov.in](mailto:idy.coordination@gov.in) for further information or clarifications, if any.

6. You are kindly requested to take appropriate action and issue necessary instructions to the HEIs in your State/UT to actively participate and arrange for conducting CYP on 21.6.2025 on a mass scale in their campuses synchronized with the main event led by Hon'ble Prime Minister of India.

With regards,

Yours sincerely,

(Dr. Vineet Joshi)

Additional Chief Secretary / Pr. Secretary / Secretary  
Department of Higher / Technical Education  
of all State Governments / UTs





## सूक्ष्म व्यायाम

<b>1 प्रार्थना</b> ॐ संगच्छध्वं संवदध्वं सं वो मनांसि जानताम् देवा भागं यथा पूर्वं सज्जानाना उपासते ॥ 	<b>सम-स्थिति</b> 	<b>2 शीवा चालन</b> a)          b)          c)          d)
<b>3 स्कंध संवाहन</b> 	<b>4 स्कंध सिंचाव - 1</b> 	<b>5 स्कंध चालन - 2</b> 
<b>6 कटि चालन</b> 	<b>7 घुटना संवाहन</b> 	
<b>8 ताड़ासन</b> 	<b>9 वृक्षासन</b> 	<b>10 पादहस्तासन</b> 
<b>11 अर्धचक्रासन</b> 	<b>12 त्रिकोणासन</b> 	<b>13 भद्रासन</b> 
<b>14 वज्रासन</b> 		

## हरियाणा योग आयोग



<b>15 अर्ध उष्ट्रासन</b> 	<b>16 उष्ट्रासन</b> 	<b>17 शशकासन</b> 
<b>18 उत्तानमंडुकासन</b> 	<b>19 वक्रासन</b> 	
<b>20 मकरासन</b> 	<b>21 भुजंगासन</b> 	<b>22 शलभासन</b> 
<b>23 सेतुबंधासन</b> 	<b>24 उत्तानपादासन</b> 	<b>25 अर्धहलासन</b> 
<b>26 पवनमुक्तासन</b> 	<b>27 शवासन</b> 	<b>28 कपालभाति</b> 
<b>29 नाडी शोधन अथवा अनुलोम विलोम</b> 	<b>30 शीतली प्राणायाम</b> 	<b>31 भ्रामरी प्राणायाम</b> 
<b>32 ध्यान</b> 		

### संकल्प

योग सभ का समापन इस संकल्प के साथ करना चाहिए  
 मैं संकल्प लेता हूँ कि सर्वदा अपनी सोच में संतुलन बनाये रखूँगा। ऐसी मनः स्थिति मेरे उच्चतम आत्म विकास  
 की असीम संभावनाएं प्रदान करती हैं। मैं अपने कर्तव्य निर्वाह के प्रति, कुटुंब और कार्य के प्रति तथा समाज व  
 समूहों विश्व में शांति स्वास्थ्य और सौहार्द के प्रसार के लिए कृत संकल्प हूँ।

### शांति पाठ

ॐ सर्वे भवन्तु सुखिनः। सर्वे सन्तु निरामयाः। सर्वे भद्राणि पश्यन्तु। मा कश्चित् दुःखं भाग्भवेत्॥  
 ॐ शान्तिः ! शान्तिः ! शान्तिः॥