



ज्ञान-विज्ञान विमुक्तये

प्रो. (डॉ.) जसपाल एस. सन्धू

सचिव

Prof. Dr. Jaspal S. Sandhu

MBBS, MS (Ortho), DSM, FAIS, FASM, FAFSM, FFIMS, FAMS

Secretary



सत्यमेव जयते

विश्वविद्यालय अनुदान आयोग
University Grants Commission

(मानव संसाधन विकास मंत्रालय, भारत सरकार)
(Ministry of Human Resource Development, Govt. of India)

बहादुरशाह ज़फ़र मार्ग, नई दिल्ली-110002
Bahadur Shah Zafar Marg, New Delhi-110002

Ph.: 011-23239337, 23236288,
Fax : 011-23238858, email : jssandhu.ugc@nic.in

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9th May, 2016

Dear Sir/Madam,

This is in continuation of my earlier letter dated 17th March, 2016 regarding celebration of International Day of Yoga on 21st June. In this regard, Ministry of AYUSH has provided **Common Yoga Protocol** which may be followed during the Yoga Day celebrations (available on UGC website www.ugc.ac.in).

I request you to draw Action Plan for International Day of Yoga and also ensure wide participation of students and teachers of your esteemed university in the Yoga Day celebrations. You are also requested to ensure these activities in the affiliated colleges.

Keeping in view the importance of Yoga, may I request your personal indulgence in celebrating the **Yoga Day** in your esteemed University as well as in affiliated colleges **on 21st June** in a befitting manner.

With kind regards,

Yours sincerely,

(Jaspal S. Sandhu)

The Vice-Chancellors of all the Universities.

Copy to:

The Publication Officer, Website Division, UGC (for uploading on the UGC Website)

(Jaspal S. Sandhu)

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INTERNATIONAL DAY OF YOGA

21ST JUNE, 2016

COMMON YOGA PROTOCOL

(Duration: 45 minutes)

- I. Prayer in any Meditative Posture with Namaskara Mudra and ending with Yoga Mudrasana. 2 minutes
- PRAYER :**
OM... OM... OM...
Sangachhadhwamsamvadadhwa
SamvomanaansijaanataamI
- Devaabhaagamyathaapoorve*
SamjanaanaaupaasateII
- OM Shantih Shantih Shantih*
- II. Sadilaja / ChaalanKriyas/ Loosening Practices (Neck, Shoulders ,Trunk & Knees movements) 6 minutes
- III. Yogaasana(Yoga Postures) 18 minutes
- A. Standing Postures
- (i) Taadaasana
(ii) Vrikshaasana
(iii) Pada-hastaasana / Uttanaasana
(iv) ArdhaChakraasana
(v) Trikonaasana
- B. Sitting Postures
- (vi) Bhadraasana/ Baddhakonaasan
(vii) Vajrasana/Veerasana
(viii) Ushtraasana
(ix) Shashankaasan
(x) Utthana Mandukasana
(xi) Marichyaasana / Vakrasana
- C. Prone Lying Postures
- (xii) Makaraasana
(xiii) Bhujangaasana
(xiv) Shalabhaasana
(xv) Dhanurasana

D. Supine Lying Postures

- (xvi) Setubandhasana
- (xvii) Utthanapaadaasana
- (xviii) Ardha Halasana
- (xix) PawanaMuktaasana
- (xx) Shavaasana

- IV. Kapaalabhaati(20-40 strokes each – 3 cycles) 2 minute
Each cycle will be followed deep breathing
- V. Pranayama: 6 minutes
- (i) NadiShodhana / AnulomaViloma Pranayama (5 rounds)
 - (ii) Sheetal Pranayama (5 rounds)
 - (iii) Bhraamari Pranayama (BhramariRechaka) (5 rounds)
- VI. Dhyana/Meditation in any Meditative Posture with Shambhavi Mudra (eyes closed)and hands in Jnana / Gyana Mudra 9 minutes
- VII. End the Yoga practice session with a Sankalpa followed by Shaanti Paatha 2 minutes

I commit myself to always be in a balanced state of mind. It is in this state that my self-development reaches its greatest possibility. I commit to do my duty to self, family, at work, to society and to the world, for the promotion of peace, health and harmony.

Humare hamare man ko hamesha santulit rakhana hai,

Isi main hi hamara atma vikas samaya hooa hai.

Shanti Path

OM

Sarve Bhavantu Sukhinah

Sarve Santu Niramayah

Sarve Bhadrani Pashyantu

Maa Koschit Dukha Bhagbhavet

OM Shantih Shantih Shantih

Note: Classical textual references, technology to perform, benefits, salient points, Caution/precautions etc. will be provided for each practice.

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16. Dr. Ishwar V. Basavaraddi, Director, MDNIY, New Delhi.
17. Sh. I.N.Acharya, Director (CCRYN)
18. B.K. Asha, Director, Bramha Kumaris, Delhi Zone.

Copy for Information also to:

- a. PS to MOS (IC), Ministry of AYUSH
- b. PPS to Secretary (AYUSH)
- c. PPS to JS(JS)
- d. PPS to JS(AKG)
- e. DS(RNM)

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