

F.No. 43-1/2010-11/GA
NATIONAL INSTITUTE OF EDUCATIONAL PLANNING AND ADMINISTRATION
(Deemed to be University)
17-B, Sri Aurobindo Marg, New Delhi-110016

Dated: 04.05.2022

CIRCULAR

Subject: 8th International Day of Yoga (IDY-2022) scheduled to be observed on 21/6/2022- Continuous Celebrations in NIEPA - reg.

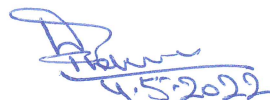
In continuation of the office circular F. No.13-1.5/AO/2022-23/Events dated 20.04.2022, the details of Yoga programme to be observed in the Institute are as under:

Details of the Yoga Programme

Sr. No.	Date	Time	Activity	Expert
1.	4 th May to 14 th May 2022	04:00 pm to 05:00 pm (Monday, Wednesday and Friday)	Yoga Camp on Shukshma Vyayam and Yoga for Office – Exercises for eyes, for back, for neck, for knees, cervical and dealing other problems due to sedentary lifestyle	Dr. Ajay Shastri PhD, DYED Yoga Kendra JNU
2.	4 th May to 14 th May 2022	05:00 pm to 06:00 pm (Tuesday and Thursday)	Yoga Camp for flexibility and weight loss – Rigorous Exercises and Asanas	Dr. Ajay Shastri PhD, DYED Yoga Kendra JNU
3.	17 th May to 26 th May, 2022	06:00 am to 07:30 am	Ten Days Yoga Camp for holistic health and well-being – Surya Namaskar, Training on Common Yoga Protocol	Shri Umesh Babu Yoga Kendra JNU
4.	23 rd May 2022	03:30 pm to 05:00 pm	Lecture for Yoga for Personal Health and Well-being	Shri Umesh Babu Yoga Kendra JNU
5.	27 th May 2022	03:30 pm to 05:00 pm	Lecture on Physical and Mental Health and Well-being with Yogic Culture	Prof. Taraknath Pramanik Professor, Physical Education and Yoga, IGIPSS University of Delhi

6.	1 st June, 2022	03:30 pm to 05:00 pm	Poetry Competition – Yog aur Swasthya (self-composed or by others)	In-House Activities
7.	6 th June, 2022	03:30 pm to 05:00 pm	Extempore / Essay writing / Debate competition on different areas related to Yog	In-House Activities
8.	13 th June, 2022	03:30 pm to 05:00 pm	Competition on Demonstration of Asanas and Surya Namaskar	In-House Activities – Jury external
9.	Continuous Activity of NIEPA	06:00 am to 07:00 am	Regular Prana yam Sessions	Dr. Kashyapi Awasthi
10.	23 rd May to 20 th June, 2022	04:30 pm to 05:00 pm	Refining Exercises – 3 SRB with light meditation	Dr. Kashyapi Awasthi

The above programme will continue daily till 21/6/2022 on Yoga Divas. Continuity of the programme even after the Yoga Divas will be done in consultation with the resource person/experts.



(D. S. Thakur)
Administrative Officer (I/c)

To

All Employees of the Institute

CC:

1. Sr. P.S to Vice-Chancellor - for information of Hon'ble VC
2. P.A. to Registrar
3. Prof. A. K. Singh, Department of Educational Policy
4. Dr. Kashyapi Awasthi, NCSL/Nodal Officer - Yoga Day
5. Administrative Officer (I/c)
6. Systems Analyst