

F. No./NRC/NCTE/Yoga Day/2017/175948

Dated: - 23/05/2017

To

23 MAY 2017

As per list enclosed.

Subject: - Celebration of International Yoga Day on 21st June, 2017-reg.

Madam/Sir,

International day of yoga is also called as the World Yoga Day. United Nations General Assembly has declared 21st of June as an International Yoga Day on 11th of December in 2014. Yoga in India is considered to be around 5,000-year-old mental, physical and spiritual practice. Yoga was originated in India in ancient time when people used meditation to transform their body and mind. Launching a particular date of practicing yoga all across the world and celebrating as yoga day was initiated by the Hon'ble Prime Minister of India to the United Nations General Assembly.

2. Yoga is very necessary and beneficial for all human beings if it is practiced daily in the early morning. Official name of this day is UN International Yoga Day and also called as Yoga Day. It is a worldwide event celebrated by the people of all countries through practicing yoga, meditation, debates, meetings, discussions, variety of cultural performances, etc.
3. World Yoga Day or International Day of Yoga will be celebrated by the people throughout the world Third time on Wednesday, the 21st of June, 2017.
4. In view thereof, the Government of India has desired that all the Teacher Education Institutions be directed to celebrate the International Yoga Day on 21st June, 2017.
5. You are accordingly directed to celebrate the International Yoga Day on 21st June, 2017 invariably in your institution and ensure the presence of maximum number of teachers and student-teachers. The report of the event so organized may be uploaded on the web-site of your institution.

Yours faithfully,


(Satish Gupta)
Regional Director (I/C)