



The Ashtavakra

ASHTAVAKRA



Institute of Rehabilitation Sciences and Research

5, PSP Institutional Area, Madhuban Chowk Rohini, Sector-14, Delhi-110085

AISR NATIONAL SERVICE SCHEME (NSS) CELL

SELF-FINANCING UNIT - I

in association with



Donate Blood
Save Life



Beti Bachao
Beti Padhao



Health
Camps



Tree
Plantation

Fitness Club

Organizes

International Yoga Day

21st June 2020 (Sunday)



Yoga for Harmony & Peace



Tecnia Group of Institution
(All sister concern)
on one platform.
Watch live : (Zoom Link)



Theme

“Yoga At Home & Yoga with Family “
Do Yoga Beat Corona



5-Hour LIVE Event : “YOG SE SIDDHI”

Inspirations by-Union Minister Prakash Javadekar,

Ayush Minister Shripad Yesso Naik,

Blessings by - Sadhguru, Swami Ramdev,

Sri Sri Ravishankar, Dr HR Nagendra

Time : 5:00 PM to 10:00 PM onwards

[Http://tiny.cc/yogsesiddhi](http://tiny.cc/yogsesiddhi)



Yogacharya Navdeep Joshi

Assistant professor

(Shri Lal Bahadur Shastri National University)

Founder of Navyog Gram

Time : 7:00 AM

https://m.facebook.com/story.php?Story_fb_id=3110116955693221

[&id=100000848421374&sfnsn=wiwspmo&extid=3hjMVRzbMGqclr9M](https://m.facebook.com/story.php?Story_fb_id=3110116955693221&id=100000848421374&sfnsn=wiwspmo&extid=3hjMVRzbMGqclr9M)



Ashtavakra Institute of Rehabilitation Sciences & Research (Formerly Special Art School)

App. by Rehabilitation Council of India, Ministry of Social Justice & Empowerment, Govt. of India
Affiliated to GURU GOBIND SINGH INDRAPRASTHA UNIVERSITY
PSP, Institutional Area, Madhuban Chowk, Rohini, Delhi-85, Ph : 011-27550012/13
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Ref. No. AIRSR/2020-21/2736

19/06/2020
Dated.....

NOTICE



Subject: Observation of International Day of Yoga (IDY) on June 21, 2020.

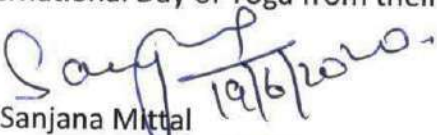
International Day of Yoga is celebrated all over the world every year on June 21 after a historic declaration by United Nations General Assembly (UNGA) to remind the people across the globe about the benefits of Yoga and to build enduring public interest by highlighting its importance and contributions to public health. Due to Coronavirus COVID-19 Pandemic outbreak - with a focus on Social Distancing as no mass gathering is possible. Institute requests and encourage Students and Faculty members to perform Yoga at home and Yoga with family for building immunity and relief from stress. Further, reference GGSIP University directions Institute is observing International Day of Yoga on 21.06.2020 (Sunday); and the Ministry has urged the people to learn and collectively do Yoga at 07.00 AM on June 21, 2020 (Sunday) from the safety of their homes and thereafter regularly practicing at home.

We request all of you to join by using social media platforms like ZOOM, Youtube, Facebook, Twitter, Instagram etc and also upload videos & share your selfie of online participation through this platform.

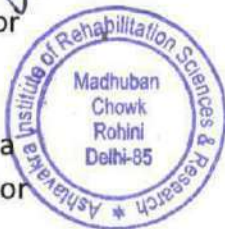
The protocol to be followed as under:-

- Link up on the ZOOM Meeting at 07:00 AM on 21.06.2020
- Minute to Minute of the Program is attached.
- All students & Faculty members are requested to click their at least 01 SELFIE with GEOTAG performing Yoga at home with family for building immunity and relief from stress.
- Kindly record the participation in the Performa given on Annexure 4

All the Deans/HoDs/ Faculty Members & Students of Institute are to sensitize and to observe the International Day of Yoga from their homes.


Ms Sanjana Mittal
Deputy Director

Dr Anmol Arora
Medical Director



Copy to
All HoDs
Students Welfare
ITC for uploading on website

The Ministry has recommended various digital resources along with the guidelines to learn and disseminate information on Yoga for all.

Annexure 3: Digital resources for Yoga@Home		
International Day of Yoga (IDY) Videos (Hindi & English) and Links of Videos		
S.No	IDY Videos-Common Yoga Protocol	YouTube Video Links
1.	International Day of Yoga 2019 I Common, (Yoga Protocol – HINDI)	https://www.youtube.com/watch?v=wgjZ_LyNLRw
2.	International Day of Yoga 2019 I Common, (Yoga Protocol- ENGLISH)	https://www.youtube.com/watch?v=K-GJh9GeOxE

Links of Ministry of Ayush Website, Social Media Handles & Institutes		
S.No.	Ministry of AYUSH/ Institutes	Website Links
1.	Ministry of AYUSH Website	https://main.ayush.gov.in/
2.	Yoga Portal - Ministry of AYUSH	https://yoga.ayush.gov.in/yoga/
3.	Ministry of AYUSH - Facebook Page	https://www.facebook.com/moayush/
4.	Ministry of AYUSH - Twitter	https://twitter.com/moayush
5.	Ministry of AYUSH-Instagram	https://www.instagram.com/ministryofayush/?h1=en
6.	Morarji Desai National Institute of Yoga (MDNIY)	https://www.yogamdniy.nic.in/
7.	Central Council for Research in Yoga & Naturopathy,(CCRYN)	https://www.ccryn.gov.in
8.	National Institute of Naturopathy (NIN), Pune	https://punenin.org/index/htm
9.	Shri Ambika Kutir	https://www.ambikayogkutir.org
10.	Parmanand University Trust (Parmanand Institute of Yoga Sciences and Research)	https://www.parmyoga.org
11.	Sri Sri School of Yoga	https://www.srisrischoolofyoga.org
12.	The Yoga Institute	www.theyogainstitute.org
13.	Patanjali Yogpeeth (Trust)	www.divyayoga.com
14.	Swami Vivekananda Yoga Anusandhanasamsthana (S-VYASA)	www.svyasa.edu.in
15.	Kaivalyadhama Shriman Madhav Yoga Mandir Samiti, Kaivalyadhama Yoga Institute	www.kdham.com
16.	Krishnamacharya Yoga Mandiram	www.kym.org
17.	Yoga Vidya Gurukul	www.yogavidvagurukul.org
18.	Dev Sanskriti Vishwavidyalaya	www.dsvv.ac.in
19.	Hata Yoga Abhyaasa and Prachaara Trust	www.a1000yoga.com
20.	Yoga Niketan Trust	www.yoganiketan.org
21.	Lovely Professional University-	www.lpu.in

Annexure 4: Participation details (Yoga@Home)			
IDY Participation 2020 - 21 st June 2020			
S. No	Name of organization/ institute	Location	Number of People Participated (Yoga@Home)



Ministry of AYUSH



Minute to Minute programme

DATE: 21.06.2020 (Sunday)

Sr. No.	Programme	Timings
1.	Attendance	07.00AM to 07:10AM
2.	Speech By Honourable Prime Minster	07:10 AM to 07:15 AM
3.	Address by Dr. Anmol Arora, Medical Director, Ashtavakra Institute of Rehabilitation Sciences & Research	07:15AM to 07:20 AM
4.	Virtual inaugural by Dr. Ram Kailsh Gupta, Chairman Tecnia Group of Institutions	07:20AM to 07:25 AM
5.	Yoga Session	07:25 AM to 08:00AM
6.	Vote of Thanks by Dr. Ajay Rathore, Director, Tecnia Institute of Advanced Studies	08:00AM

Yoga for Harmony & Peace