



Date: 02.06.2026

F. No. PEDB-IntY/1/2026-O/o ADPE

CIRCULAR

In pursuance of Official Memorandum D.O. No. 29-2/2025-S&S dated 12th May'2026, received from the Secretary, Department of Higher Education, Ministry of Education, Government of India, Rajiv Gandhi University joins the nation in celebrating the Count-Down to the International Day of Yoga – 2026, culminating on 21st June 2026, with scheduled signature activities/events from 4th to 21st June' 2026.

The following signature activities/events are being scheduled:

S. No.	Activity	Target Group	Date	Venue/Platform	Coordinators
1. Promoting Yoga awareness and IDY participation (Outreach activities) :					
1.1	Yoga Quiz	Students (University, College, School), Teaching & Non- Teaching Staff	5 th June' 2026	RGU Mini Auditorium /Seminar Hall	i. Dr. Sushant Kumar Nayak, Assistant Professor, Department of Education. ii. Ms. Coror Mize, Teaching Assistant (Yoga), Dept. of Physical Education
1.2	Yoga Competition	Same as above	6 th to 8 th June' 2026	University Indoor Hall / Open Grounds	i. Mr. Rikpu Kamcham, Teaching Assistant (Yoga), Dept. of Physical Education ii. Mr. Umesh Mimi, Research Scholar, Dept. of Physical education
1.3	Common Yoga Protocol (CYP) Session for NCC and NSS Volunteers	NCC/NSS Units	10 th to 13 th June' 2026	RGU Main Ground	i. Dr. Dr. Ashok Barman, Dept. of Fine Art & Music/ANO-NCC ii. Dr. Tage Manju, Dept. of Education/ PO-NSS
1.4	Social Media Yoga Engagement (Photo/Video Upload Campaign)	Students, Staff & Faculty	4 th to 21 st June' 2026	YouTube, Instagram, Face book, Twitter etc..	Mrs. Moyir Riba, Dept. of Education, PRO
2. Reflection, Awareness and Dissemination of Yogic Knowledge					
2.1	Publication of Articles in official e- Newsletter, Bulletin, Magazine etc.	Students, Staff & Faculty	4 th to 21 st June' 2026	Online/Official Channels	i. Dr. A. Yuvaraj, ADPE. ii. Ms. Coror Mize, Teaching Assistant (Yoga), Dept. of Physical Education
3. Making use of the Digital Assets developed by Ministry of AYUSH					
3.1	Launch of Namaste Yoga & Y-Break Apps & 14 Day structured Yoga Practice.	University Community	4 th June' 2026	Online / Official Channels	i. Dr. A. Yuvaraj, ADPE. ii. Mr. Rikpu Kamcham, Teaching Assistant (Yoga), Dept. of Physical Education
4. Yoga Sangam : "Yoga for Healthy Aging"					
4.1	Grand Celebration of 12 th Edition of IDY- 2026	University Community, Guests & Stakeholders	21 st June' 2026	Main Playground / Student Activity Center/ nearby community	Organizing committee/ events coordinators and Faculty of Physical Education and Sports Science, RGU.

On this occasion, all Statutory Officers, Deans of Faculties, Heads/Directors of Departments and Institutes, faculty members, other officers, non-teaching employees, and students/research scholars are requested to participate in this event.

This is issued with the approval of the Vice-Chancellor.

Sd/-
Registrar

Memo. No. ADPE/Int. Yoga Day/2023/01/ 534

Date: 02.06.2026

Copy to:

1. PS to Vice-Chancellor for information.
2. PS to Registrar/ Finance Officer/ CoE /DSW/ Librarian for information.
3. All Deans of Faculties for information.
4. All Head of Departments/ Directors for information.
5. Chief Warden for information and wide circulations.
6. All faculty members for information.
7. All Joint Registrars for information.
8. Joint Director (CC) for information, with request to upload this on the university website.
9. Dr. A.Yuvaraj, Nodal Officer/Coordinator for the countdown activities to the International Day of Yoga for information and necessary action. He is requested to prepare a report along with a few photographs for onward transmission to AYUSH/MoE/UGC.
10. All Organizing Committee /Coordinators for information and necessary action.
11. All Branch Officers are request requested to ensure participation of all employees in the programme.
12. Executive Engineer for information and wide circulation.
13. All Deputy Registrars (Establishment/Admin/Vehicle) for information and wide circulation.
14. All Assistant Registrars / Hindi Officer for information and wide circulation.
15. P.R.O., RGU for information and wide circulation.
16. Senior Security Officer for information.
17. President/Secretary, RGUTA for information and wide circulation.
18. President/General Secretary, RGUEA for information and wide circulation.
19. All Section Officers /Estate officer for information and wide circulation.
20. Sanitary Inspector/Manager (GH) for information and wide circulation.
21. President/General Secretary, RGURF for information and wide circulation.
22. President/General Secretary, RGUSU for information and wide circulation.
23. Notice Board.
24. Office copy.



(Dr. N.T. Rikam)
Registrar