



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

Date: 04.06.2026

CIRCULAR

In pursuance of the Official Memorandum received from the Secretary, Department of Higher Education, Ministry of Education, Government of India (vide D.O. No. 29-2/2025-S&S dated 12th May 2026), Rajiv Gandhi University proudly joins the nation in celebrating the Countdown programme to the International Day of Yoga (IDY) 2026, culminating on 21st June 2026. A series of activities have been scheduled from 4th June to 21st June 2026 to mark this global celebration.

As part of the observance, all Statutory Officers, Deans of Faculties, Heads/Directors of Departments and Institutes, faculty members, officers, non-teaching employees, and students/research scholars are requested to download and install the following mobile applications & make use of the CYP & 14 day's structure yoga program link, which is developed by Ministry of AYUSH:

1. **Y-Break (Yoga Break @ Workplace)**

A simple yet powerful mobile app designed to help de-stress, refresh, and refocus during work hours.

2. **Namaste Yoga App**

A comprehensive platform to explore yoga events, locate trainers and centres nearby, making yoga accessible for all.

3. **Common Yoga Protocol (CYP)** - The handbook of CYP and its video may be accessed: <https://yoga.ayush.gov.in/api/api/stream?key=uploads/assets/cyp/Common%20Yoga%20Protocol%20Book-English.pdf> and <https://yoga.ayush.gov.in/CYP/indian-languages> respectively.

4. **14 days structured Yoga practice** - the link for the live yoga session is <https://moa.habit.yoga?ref=moMoE> .



A photograph/screenshot as proof of having downloaded both apps & CYP & 14 days structure Yoga Program to be submitted, The proof should be sent to the Nodal Officer, Dr. A. Yuvaraj, Assistant Director of Physical Education (ADPE) via Email: adpe@rgu.ac.in and/or WhatsApp: 9444497050, Last Date for Submission: 21st June 2026. This information will be consolidated and submitted to the Ministry of AYUSH through the IDY-2026 portal.

Sd/-

Registrar

Date: 04.06.2026

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

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 HoD/ Directors for information.
5. President/Secretary, RGUTA for information and wide circulation.
6. Chief Warden for information and wide circulations.
7. All faculty members for information.
8. All Joint Registrars for information.
9. Joint Director (CC) for information, with request to upload this on the university website.
10. 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 onwards transmission to AYUSH/MoE/UGC.
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/Adm/Veh) for information and wide circulation.
14. All Assistant Registrars / Hindi Officer for information and wide circulation.
15. Senior Security Officer for information.
16. President/General Secretary, RGUEA for information and wide circulation.
17. All Section Officers /Estate officer for information and wide circulation.
18. Sanitary Inspector/Manager (GH) for information and wide circulation.
19. President/General Secretary, RGURF for information and wide circulation.
20. President/General Secretary, RGUSU for information and wide circulation.
21. Office copy.

(Dr.N.T.Rikam)
Registrar