

**UNIVERSITY GRANTS COMMISSION
PRESS RELEASE**

18th June, 2021

Celebration of 7th International Day of Yoga on 21st June, 2021

The 7th International Day of Yoga will be celebrated in Higher Education Institutions with the theme “BeWithYoga, BeAtHome” on 21st June, 2021. The theme motivates people to adopt a healthy lifestyle and stay at home by doing exercises and yoga. Yoga has never been more relevant than during the COVID 19 pandemic period as it addresses the mental and physical health aspects of citizens. University Grants Commission has issued an advisory to Universities and Colleges for the Students, Faculty Members, Officers and Staff to participate in the 45 Minute Common Yoga Protocol(CYP) and perform Yoga for building immunity and relief from stress and also take online pledge to make Yoga integral part of their life. They have also been advised to maximise the use of digital and social media using hashtag #BeWithYogaBeAtHome .

In addition, the UGC through its Inter University Centre for Yogic Sciences, is supporting proposals from 40 universities to organize activities on yoga and has also planned to conduct a series of webinars at university level pertaining to International Day of Yoga 2021 in the following areas: -

1. Prevention & limiting the spread of COVID-19; Modern Medicine Perspectives
2. Strengthening the Immunity (Modern and Traditional ways)
3. Integrative Medicine Perspectives (Life style / Yoga Systems)
4. Mental health, Emotional Health and Social Well Being
5. Participation in Vaccination Programs – A perspective

Advantages of Yoga can be realized by becoming a partner of this inclusive and broad-based effort.

Secretary, UGC