



MOST URGENT
TIME BOUND

No. EDN-HE (21) F (02) 02/2017-V-
Directorate of Higher Education,
Himachal Pradesh, Shimla-1
Telephone No. 0177-2653120, 2653386, Extension: 234, Fax No. 2812882
E-mail: dhe-sml-hp@gov.in & E-mail: genbr@rediffmail.com

Dated: Shimla-171001 the May, 2022

To

- 1 All the Principals, Govt. Degree Colleges, in Himachal Pradesh.
- 2 All the Deputy Directors of Higher Education, in Himachal Pradesh.

Subject: - Activities for preparation for International Day of Yoga-2022.

Please find enclosed herewith a copy of letter number: Ayur. H (F) (8)8/81-(IDY)-7405-dated: 29.04.2022 received from Director, AYUSH, Himachal Pradesh, Shimla-9 on the subject cited above.

In this connection, it is to inform you that the AYUSH, Himachal Pradesh, Shimla-9 is starting special yoga drive w.e.f. 15th May, 2022 to 21st June, 2022 to make students and people aware of Yoga .

You are, therefore hereby directed to send the list of schools and colleges directly to Director, AYUSH, Himachal Pradesh, Shimla-9 through return Fax/E-mail as soon as possible, so that further necessary action could be taken in the matter accordingly.

(Dr. Amarjeet K Sharma)
Director of Higher Education
Himachal Pradesh, Shimla-1
the May, 2022

Endst No.
Copy to:-

Even

Dated:

Shimla-171001 18 MAY 2022

- 1 ✓ The Director, AYUSH, Himachal Pradesh, Shimla-9 w.r.t. his/her letter number referred above.
- 2 ✓ The Technical Officer (Computer/IT Cell), Directorate of Higher Education to upload the Notification on Departmental website.
- 3 Guard file.

Director of Higher Education
Himachal Pradesh, Shimla-1



AYUSH Vibhag
Himchal Pradesh, Shimla 171009

Email I.D: ayur-hp@nic.in

Phone: 0177-2622262

Fax: 0177-2622010



No. Ayur.H(F)(8)8/81-(IDY)2022-7105

Dated 29-04-2022 Shimla-9

To

✓
The Director Higher Education,
Himachal Pradesh,
Shimla-171 001.

Subject: - **Activities for preparation for International Day of Yoga -2022.**

Sir,

As you are aware that the International Day of Yoga is celebrated on 21st June, every year. Ayush Vibhag, H.P. being Nodal Department organizing yog activities for its grand success across the state. Yoga is known for de-stress, refresh, disease prevention, health promotion and management of many lifestyle related disorders and is emerging as one of the cost effective and economic health care option in India and abroad.

It has been desired that department is starting special Yog drive in the state from 15th May 2022, till 21st June, 2022 to make people aware of Yoga. You are requested to give list of schools/colleges in the state where during morning assembly yoga could be taught to the students may be provided to the District Ayurvedic Officers of the concerned districts to chalk out the schedule of Yog/Pranayam sessions

Yours faithfully,

Vinay Singh, IAS
Director AYUSH
Himachal Pradesh
Dated, Shimla-9

Endst. No. As above

Copy forwarded to:-

1. The Secretary (AYUSH) to the Govt. of Himachal Pradesh, Shimla-2 for information please.
2. All the District Ayurvedic Officers, Himachal Pradesh for necessary action.

Vinay Singh, IAS
Director AYUSH
Himachal Pradesh

Glen

Sh. Satish Sharma

ouf
General Planning
11/5/22