

No. EDN-HE (21) F (2) 02/2023- Celebration of Days

Directorate of Higher Education
Himachal Pradesh

Dated: Shimla-171001 the 19 June 2024

To

1. All the Principals Government / Sanskrit / Colleges,
Himachal Pradesh
2. All the Deputy Directors of Higher Education
Himachal Pradesh

Subject:- Activities for preparation for International Day of Yoga-2024.

Please find enclosed herewith a copy of letter No. Ayur .H (A)-8/81—IDY-2023-9359 received from the Director of Ayush Department, Block No. 26, SDA Complex, Kasumpti, Shimla-09 Himachal Pradesh on the subject cited above.

In this context, as you aware that the International Day of Yoga is celebrated on 21st June every year so the Department of Ayush has been started special Yoga drive in the State from 05th June, 2024 to 21st June, 2024 to make aware people/ students of Yoga. You are therefore, directed to circulate the same amongst all the Heads of Educational Institutions and also direct to start Yoga in the Schools/Colleges in the morning assembly with the help / coordination of Ayurvedic Medical officers and Yoga guides from nearest concerned Ayurvedic Health Centers/ AYUSH Wellness Centers.



Director of Higher Education
Himachal Pradesh

Endst. No. Even dated Shimla-171001 the June , 2024

Copy for information and necessary action to:-

1. The Director of Ayush Department, Block No. 26, SDA Complex, Kasumpti, Shimla-9 w.r.t his/her letter refers above.
- ✓ 2. The Technical Officer (Computer/IT Cell), Directorate of Higher Education, Himachal Pradesh with the request to upload the same on Departmental web site.
3. Guard file.



Director of Higher Education
Himachal Pradesh



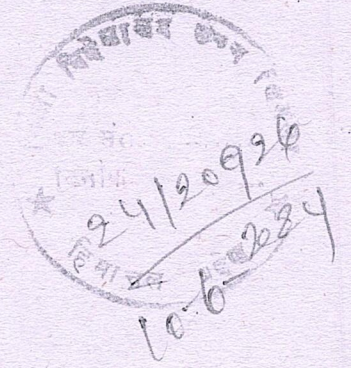
AYUSH VIBHAG,

Block no. 26, SDA Complex, Kasumpti, Shimla

Email: ayur-hp@nic.in

No. Ayur.H(A)-8/81-IDY-2023- 9359

Dated: Shimla -9, the



To

**The Director Higher Education,
Himachal Pradesh,
Shimla-171001.**

Subject:- Activities for preparation for International Day of Yoga-2024.

Sir,

As you are aware that the International Day of Yoga is celebrated on 21st June, every year. AYUSH Vibhag, Himachal Pradesh being Nodal Department organizing Yoga 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 the Department is starting special Yoga drive in the State from 05th June 2024, till 21st June, 2024 to make people aware of Yoga.

You are requested to issue necessary directions to District Education Officers to start Yoga in the Schools/Colleges in the state during morning assembly with the help/coordination of Ayurvedic Medical Officers and Yoga guides from nearest concerned Ayurvedic Health Centers/AYUSH Wellness centers.

Yours faithfully

[Signature]
Director AYUSH
Himachal Pradesh.

Dated Shimla-9, the

Endst. No. As above 9360-77

Copy forwarded to:-

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

[Handwritten signature: Hemant Sh. Jagdish Satish]
[Handwritten date: 24/6/24]

Director AYUSH
Himachal Pradesh.