



Inter University Centre for Yogic Sciences (IUC-YS)

अन्तर विश्वविद्यालय केन्द्र- योग विज्ञान

CHN/IUCYS/2020-254

25th April, 2020

My dear Yoga Bandhu brothers and sisters,

Greetings to you all for growth, Happiness and Health from Prashanti Kutiram.

As we are all aware our Hon'ble PM Narendra Modiji has led India in the right direction of locking in at the right time and the curve of COVID is under control and soon should get flattened unlike in other countries where it has gone exponential.

While many top corporates, have been contributing to PM's Fund, most universities also have made their token contributions including your university. But apart from this financial one, we as Yoga community can offer our contribution in a different but big way.

Based on the directions given by our PM, the Ministry of AYUSH is spear-heading this movement by collecting data of at least 5 million people if not more all over the country to know the status of practitioners of AYUSH systems including Yoga. A survey questionnaire has been prepared by us and is to be filled up by General Public, People who are quarantined in homes and hospitals.

We are coordinating all Departments of Yoga of different Universities through IUCYS for the purpose to make our contributions towards this crisis. We want to involve all faculties and students to work as volunteers for the purpose and to collect data on at least 100 persons of their vicinities or those whom they know by electronic communications through emails, WhatsApp, SMS, etc.

I am requesting Dr M K Sridhar, the Registrar of S-VYASA University supported by Shivakumar and Directed by the head of Research wing of IUC-YS Dr R Nagarathna to coordinate this project.



Inter University Centre for Yogic Sciences (IUC-YS)

अन्तर विश्वविद्यालय केन्द्र– योग विज्ञान

Also we want that all members of your university should keep up their health and not get stuck with the virus attack by using simple Yoga practices. We have developed three modules –

1. For people below 15 years
2. persons between 16 and 60 years and
3. persons above 60 years

Which will be sent to you by Dr M K Sridhar.

Also a global initiative called Synchronized Global Prayers (SGP).

Our present focus is therefore -

- a. to prevent and thereby control COVID by Yoga modules and adoption of SGP by all.
- b. Research on Yoga and COVID (Target of minimum 50 Lakhs has been given by secretary Dr Rajesh Kotecha of Ministry of AYUSH)
- c. Training of persons for the same - online courses

Please participate in our media expansion for the purpose to bring as many people as possible

With Love,

मणिन्द्रः

Dr H R Nagendra
Chairman, IUC-YS
Chancellor, S-VYASA
President, IYA