To,
All Principal Chief Commissioner/Chief Commissioner of GST
All Principal Chief Commissioners/ Chief Commissioners of Customs
All Principal Director Generals/ Director Generals,

Sir,

Subject: Participation in 7th International Day of Yoga 2021 –reg.

Kind reference is invited towards the above cited subject matter.

2) As known to all the UN general Assembly, on 11th December’2014, unanimously adopted a resolution for observing 21st June of every year as the International Day of Yoga (i.e. IDY). Coming 21st June’2021 we are going to observe 7th International Day of Yoga.

3) IDY promotes the culture of Yoga and recognizes the positive impact of Yoga on health and well being. Practicing Yoga leads to increase in the general level of health of the people and can play a vital role in everyone’s life in the current times of COVID-19. The International Day of Yoga 2021 presents an occasion to underline the health benefits of Yoga, and motivate the public to take up the pursuit of Yoga. It is our duty to wide spread the benefits of Yoga and to ensure that the observance of IDY-2021 reaches every town and every village of the country.

4) In this regard, a Virtual Conference on 31st May 2021 was conducted by Ministry of AYUSH with the Nodal officers of the Ministries/Departments. The ‘Agenda’ of the conference and the Presentation by the Ministry of AYUSH are enclosed for quick reference.

5) An “IDY Handbook” (https://yoga.ayush.gov.in/public/assets/IDY_ebook.pdf) including CYP (Common Yoga Protocol) has been developed by Ministry of AYUSH (MoA) keeping in mind the current pandemic situation – lending focus predominantly on mobilization activities in the online/virtual
mode. In addition to bringing back the key message of following COVID Appropriate Behaviour (CAB) to ensure personal health and wellbeing, these activities can be undertaken through digital media. The Handbook, through the standardization of activities will help to strengthen the collaborations among different stakeholders in organizing activities for IDY 2021.

6) Participation in IDY requires learning CYP (Common Yoga Protocol). CYP is a Yoga protocol developed by accomplished Yoga experts to facilitate harmony in the observation of IDY. It is a 45 minutes drill consisting of Asanas, Kriyas and Pranayam. Over the last few years, it has become one of the most popular Yoga protocols in the world. Designed to be easily adoptable by the majority of the people irrespective of the age and gender. Digital resources and online resources have also been launched to enable learning CYP. Everyday morning and evening sessions are being done by Morarji Desai National Institute of Yoga (MDNIY) for the same.

7) In view of the above, following steps may be taken up:
   (i) Mobilize and spread the message about benefits of doing regular Yoga among officers and staff and encouraging them to extend it to their families and acquaintances;
   (ii) Issue guidelines for officers and staff about background and observation of IDY
   (iii) Follow Ministry of AYUSH social media updates and improve its reach
   (iv) Display IDY logo on your website, circulate related material to officers and staff
   (v) Organize yoga related facilities: Focus on Common Yoga Protocol (CYP)
   (vi) Encourage officers and staff to participate in activities hosted on MyGov
   (vii) Record the participation on 21st June - MoA will also circulate a Google Form for this.
   (viii) Carry on activities beyond IDY

8) Taking cognizance of the current situation, it is not advisable to organize events that require congregation of people for observing IDY 2021. Therefore, it is advised that maximum use of digital, virtual and electronic platform be made this year. All stake-holders are invited to take up messaging to the public by highlighting the importance and contribution of IDY to public health and encouraging the people to observe IDY 2021. The observance and participation in IDY 2021 this year is by encouraging officers and staff to execute the Common Yoga Protocol (CYP) drill at home with their families, at 7 AM on 21st June 2021. For this, the message “Be with Yoga, Be at Home!” may be sent out to as much stakeholders as possible.

Yours faithfully

(Arvind Kumar)
Assistant Director
DGHRD, HRM-II
Ministry of Ayush

Nodal officers of Ministries and State Governments Meeting on IDY-2021
10.30 am on 31.05.2021

Agenda

The objective of the meeting of Nodal officers for observation is to provide an impetus to the ongoing efforts and initiatives of different stakeholders, aimed at making 7th International Day of Yoga (IDY) 2021 a grand success and explore how collective effort can be undertaken in this regard.

The draft agenda for the meeting is proposed as below:

1. Welcome
2. Introductory remarks by Joint Secretary, MoAyush
3. Presentation on the background of IDY & approach for IDY 2021
4. Inputs from the various Ministries and state Government Nodal officers /representative for IDY – 2021(Discussion Forum)
5. Conclusion
IDY-2021
Background Note

1. The rewards of Yoga for disease prevention and health promotion are well known. They have acquired special significance against the backdrop of Covid-19. The International Day of Yoga 2021 presents an occasion to underline the health benefits of Yoga, and motivate the public to take up the pursuit of Yoga.

2. Taking cognizance of the current situation, it is not advisable to organize events that require congregation of people for observing IDY 2021. Therefore, it is advised that maximum use of digital, virtual and electronic platform be made this year. All stake-holders are invited to take up messaging to the public by highlighting the importance and contribution of IDY to public health, and encouraging the people to observe IDY 2021 by doing the Common Yoga Protocol (CYP) at home with their families, on **21st June 2021**. For this, the message **“Be with Yoga, Be at Home!”** can be sent out as much stakeholders as possible.

3. An **“IDY Handbook”** ([https://yoga.ayush.gov.in/public/assets/IDY_ebook.pdf](https://yoga.ayush.gov.in/public/assets/IDY_ebook.pdf)) has been developed by Ministry of AYUSH keeping in mind the current pandemic situation – lending focus predominantly on mobilization activities in the online/virtual mode. In addition to bringing back the key message of following COVID Appropriate Behaviour (CAB) to ensure personal health and wellbeing, these activities can be undertaken through digital media. The Handbook, through the standardization of activities will help to strengthen the collaborations among different stakeholders in organizing activities for IDY 2021.

4. IDY presents an occasion for all the Central Ministries and their Departments, State and UT Administrations, Yoga Organizations and Voluntary Organizations, to come forward and spread the message about gains from the regular practice of Yoga. With their commitment and passion, all these organizations can play an important role in making IDY an effective national movement for health and wellness.
5. Stake-holders are requested to reach out to individuals and other organizations in their respective domains, with the following IDY related activities –

- Issuing internal guidelines within the organization/offices giving the background of the observation of International Day of Yoga (IDY) 2021. This may be displayed prominently on their websites.

- Using your social media platforms to spread for latest updates and information about IDY. The required inputs can be easily accessed from the social media platforms of the M/o AYUSH and this can be shared on or adapted to the official social media platforms, as deemed fit.

- Displaying IDY logo on the website and uploading guidelines for IDY observance on the website.

- Familiarizing the employees/staff with Common Yoga Protocol (CYP). Information about the quality digital training resources and daily virtual training sessions being offered by the Morarji Desai National Institute of Yoga (MDNIY), an autonomous institute under M/o AYUSH may be widely publicized among the public and the staff. Organising online training programmes on CYP and ensuring maximum participation in the same, in a COVID-19 compliant manner can be considered.

- Circulating related materials to all departments, employees and partners, so that they can be further shared externally to raise awareness. Employees may be encouraged to include their families in the IDY activities.

- Organizing Yoga-related activities such as online lectures, workshops etc. by Yoga experts.

- Distributing Yoga attire, Yoga mats, and other Yoga related goodies duly having the logo of IDY 2021, to their staff, and encouraging everyone to practice and adopt Yoga.

- Publishing Yoga and IDY-specific articles in the official e-newsletters, bulletins, magazines etc.

- Encouraging employee and staff to participate in IDY activities organized by M/o AYUSH on MyGov platform (https://www.mygov.in/).

- Organising CYP workshops in association with other organizations, involving Yoga experts, subject to COVID-19 guidelines.

- Planning long term activities related to Yoga, so that the impact of IDY-related mobilization goes on well beyond 21st June 2021.
Some online competitions like quiz, essays etc on Yoga-theme may also be organized to create interest among the volunteers/employees/public, especially among the younger generation.

Depending on the local circumstances, people may be encouraged to participate in IDY 2021 from their homes contingent on the COVID-19 related Government guidelines on the management of the pandemic, especially on physical distancing norms and the use of basic protective measures such as masks and sanitizers etc.

*****
International Day of Yoga (IDY)

• The UN General Assembly, on 11th December 2014, unanimously adopted a resolution for observing 21st June every year as the International Day of Yoga.

• This resolution originated from an earlier proposal of Prime Minister Shri Narendra Modi, in his UN address in September 2014.

• IDY promotes the culture of Yoga. It recognises the positive impact of Yoga on health and well being.

• Yoga is immensely rewarding to the common man. Practicing Yoga can lead to increase in the general level of health of the people.
Importance of observing IDY

- The main purpose of IDY is reaching the Health benefits Yoga to the people. Over the years, IDY has become a mass movement for health.

- Adopting Yoga as a regular practice will provide significant relief from physical ailments and mental stress.

- Practicing Yoga would lead to stronger bonds between people from different background, irrespective of caste, religion or language barriers.

- It would help to promote the feeling of harmony and peace among individuals, communities and countries.
Common Yoga Protocol (CYP)

• The CYP is a Yoga Protocol developed by accomplished Yoga experts, to facilitate harmony in the observation of IDY.

• It is a 45 minutes drill consisting of Asanas, Kriyas and Pranayam.

• Over the last few years, it has become one of the most popular Yoga protocols in the world.

• Designed to be easily adoptable by the majority of the people irrespective of age and gender.

• Can be learnt through simple training sessions, even through online classes.
1st & 2nd International Day of Yoga

- Harmonious Mass Yoga Demonstration on 1st IDY on 21st June, 2015 was organised at Rajpath, New Delhi.

- The Hon’ble PM has been leading the Yoga demonstration at the Main National Event of IDY every year.

- In 1st IDY two Guinness World Records were achieved, viz the Largest Yoga Lesson involving 35,985 participants and Maximum Number of Nationalities (84) participating in a single Yoga lesson.

- The main event of 2nd IDY was organized at Capitol Complex, Chandigarh.

- Hon’ble Prime Minister declared two Awards- International and National Awards for outstanding contribution for promotion and development of Yoga.

- Different Ministries/ Departments and State/ UT’s worked together to observe IDY in a befitting manner.
3rd & 4th International Day of Yoga

- Main event of 3rd IDY was organized at Ramabai Ambedkar Maidan, Lucknow.

- Pune's Ramamani Iyengar Memorial Yoga Institute was announced the winner of the 1st Prime Minister’s Award for outstanding contribution to promotion and development of Yoga.

- Main event of 4th IDY was organized at FRI Grounds, Dehradun, Uttarakhand.

- Shri Vishwas Vasant Mandlik and The Yoga Institute, Mumbai were announced the winners of the 2nd Prime Minister’s Yoga Award.

- The Yoga Ambassadors’ Tour was organized in collaboration with Kerala Tourism Department with participants from 22 countries.

- Two mobile technology based applications, namely BHUVAN-YOGA (by ISRO) and Yoga Locator, contributed to the public mobilization.
5th International Day of Yoga

- Main event of 5th IDY was organized at Prabhat Tara Maidan, Ranchi.

- 4 winners announced for the 3rd Prime Minister’s Yoga Award. They were Swami Rajarshi Muni (Life Mission, Gujarat), Antonietta Rozzi (Italy), Bihar School of Yoga, Munger (Bihar) and Japan Yoga Niketan (Japan).

- IDY observed at many iconic locations across the world including the Opera House (Sydney), Eiffel Tower (Paris), the Washington Monument (Washington), the Cathedral of Brasilia (Brasilia), the Saolin Temple (China), the Dead Sea and the base of Mount Everest in Nepal.

- Promotion of eco-friendly Yoga accessories like Yoga mats and apparel made of natural products like cotton, which led to gains for our artisans working in the Khadi sector.

- Yoga protocols for different groups viz. Yoga for Adolescents, Yoga for expecting mothers and Yoga for Women in the Age-group of 40 plus were developed.
6th International Day of Yoga

- Due to COVID-19, ‘Yoga at Home, Yoga with Family’ was adopted as the theme IDY, 2020

- Various online resources were made available on its digital platforms like the Yoga Portal and the social media handles like YouTube, Facebook, Twitter and Instagram to provide ample opportunities for the people to learn Yoga from their homes.

- ‘My Life, My Yoga (MLMY)’ video blogging contest with attractive prizes for the winners and runners-up in association with ICCR in which contestants from 130 countries participated.

- Prominent celebrities from the entertainment industry gave promotional messages on Yoga, encouraging the people to be active participants from their homes in the IDY.
6th International Day of Yoga (Cont’d)

- Yoga gurus and experts delivered their discourses which were streamed live on social media by the Ministry of AYUSH.

- Common Service Centers (CSCs) of the Ministry of Electronics & IT were roped in for promotion of Yoga in rural areas.

- Daily telecast of the Common Yoga Protocol (CYP) was organized on DD Bharti for making more and more people familiar with CYP and preparing them for the main event.

- Total participation was estimated to be 13.18 crore, based on self-reported figures.
Planned Activities for IDY- 2021

- The 100-day count-down from 13.03.2021 period. This will see a multitude of activities and Yoga training programmes for inspiring people to participate in IDY-2021.

- All activities will be organised in a COVID-19 compliant manner.

- Participation in IDY requires learning CYP. Ministry has launched digital resources and online resources to enable that—morning and evening sessions are being done by MDNIY everyday.

- Various other initiatives have also been launched such as competitions on MyGov, webinars and programs in coordination with Leading Yoga Institutes, and various other stake-holders.

- Through a country-wide network of collaborations, the Ministry strives to ensure that the observation of IDY–2021 reaches every town and every village of the country.
Potential role of Ministries/Departments

- Each Ministry/Department has oversight of a specific sector. The Ministry/Department is requested to adopt the ambition of mobilising the entire sector for participation in IDY. All possible channels (autonomous bodies, PSUs, trade bodies, private and public institutions, professional bodies etc.) may be used for this purpose.

- Government servants are opinion leaders in their extended families and communities. Employees of various Ministries/Departments may be mobilized for active participation in IDY. Family members of the employees may also be encouraged in this mass movement.
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3. Central Ministries/Departments and State/UT Administrations

IDY presents an occasion for all the Central Ministries and their Departments, as well as State and UT Administrations to come forward and spread the message about gains from the regular practice of Yoga like long term benefits in health, happiness and well-being. The Central Ministries/Departments and State/UT Administrations can reach out to individuals and institutions in their respective domains with the following IDY related activities:

- Issuing internal guidelines within the Organization/offices giving the background of the observation of International Day of Yoga (IDY 2021).
- Using your social media platforms to spread for latest updates and information about IDY. The required inputs can be easily accessed from the official websites of the Ministry.
• Issuing internal guidelines within the Organization/offices giving the background of the observation of International Day of Yoga (IDY2021).

• Using your social media platforms to spread the latest updates and information about IDY. The required inputs can be easily accessed from the social media platforms of the MoA (links may be seen in Section F - Digital Resources For Yoga) and this can be shared on or adapted to your official social media platforms, as deemed fit. The Ministry would be happy to share creatives and other inputs in this regard, for which your point of contact would be Shri Vikram Singh, Director, Yoga and Naturopathy Cell, Ministry of Ayush (email: vikram singhcea@gov.in, phone: 011-24656863).

• Displaying IDY logo on your website and uploading guidelines for IDY observance and a list of Digital Resources provided in Section F in this Handbook, on your website.

• Familiarizing the employees/staff with Common Yoga Protocol (CYP). Information about the quality digital training resources and daily virtual training sessions being offered by the Morarji Desai National Institute of Yoga (links may be seen in Section F - Digital Resources For Yoga) may please widely publicised among the public and the government employees.

• Circulating related material along with attached links to the digital resources (available in Section F), to all Departments, employees and partners, so that they can be further shared externally to raise awareness. Employees may be encouraged to include their families in the IDY activities.

• Organizing Yoga-related activities such as online lectures, workshops etc. by Yoga experts, starting at least 3 weeks ahead of IDY 2021.

• Distributing Yoga attire, Yoga mats, and other Yoga-related goodies duly having the logo of IDY 2021, to their staff, and encouraging everyone to practice and adopt Yoga.

• Publishing Yoga and IDY-specific articles in your official e-newsletter, bulletin, magazine etc.

• Encouraging employee and staff to participate in IDY competitions organized by MoA on MyGov platform (https://www.mygov.in) such as photo contest, PM Yoga awards (https://innovateindia.mygov.in/pm-yoga-awards/) etc.
Summary of Actions: Ministries/Departments/ States&UTs

• Mobilization and spread the message about benefits of doing Regular Yoga
• Issuing internal Guidelines for employees abt background and observation of IDY
• Using your social media platforms for latest updates
• Follow MoA social media, updates
• Display IDY logo on your website, circulate related material to your employees/Deptt/ABs under your Ministry / State
• Organizing yoga related activities: Focus on CYP, discussion, well being
• Encourage employees to participate in activities hosted on MyGov
• Be with Yoga Be At Home
• Record the participation on 21st June- MoA will circular Google Form
• Carry on activities beyond IDY.
Let Yoga's immense benefits brighten up every aspect of your life!

The last batch of CYP - Yoga Volunteer Training Course - Evening classes to start shortly.

Date of commencement of course: 21 May 2021
Time: 6 PM onwards

Register now, by clicking on the link given in the caption.
Ayush Virtual Convention Centre (AVCC), Ministry of Ayush in association with ASSOCHAM presents

International Day of Yoga - 2021

Sunday Discussion Series

Inaugural address by:
Shri Kiren Rijiju
Hon'ble Minister of State, Ministry of Youth Affairs and Sports and Minister (in-charge) Ministry of Ayush

Felicitations:
Shri P.N. Ranjit Kumar
Joint Secretary, Ministry of AYUSH

Special Address by:
Dr Ishwar V Basavaraddi
Director, MDNIY

Keynote Address by:
Smt. Hansaji Jayadeva Yogendra
Indian Yoga Guru

Thank You note by:
Shri Deepak Sood
Secretary-General ASSOCHAM

Date: 16 May 2021 | Time: 10 AM onwards

Catch the live-streaming of the event on the Ministry of Ayush Facebook Page and YouTube
## Yoga Calendar 2021

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Yoga Survey

About

- A short survey to understand people's perception and habits related to the practice of Yoga will be conducted.
- The survey will be available on the MyGov platform from <start date> to <end date>.

How do I access it?

By visiting the link: <insert link>
Yoga Quiz

About
A short Quiz on - Yoga & history of IDY. Successful participants will receive certificates

Key dates: 1 May 2021 - 20 May 2021

How do I access it?
By visiting the link:
https://quiz.mygov.in/quiz/international-day-of-yoga-2021-quiz/
Discussion Forum

About
- Where citizens can discuss the benefits and approaches to Yoga
- This would help provide the Ministry with ideas on launching new initiatives

Key dates
- Will be available on the MyGov platform from <start date> to <end date>

How do I access it?
- By visiting this link <insert link>
Pledge

About
- A pledge to promote Yoga learning and its adoption will be launched
- Participants can provide details and take the pledge on the platform

Key dates
- Will be available on the MyGov platform from <start date> to <end date>

How do I access it?
- By visiting the link: <insert link>
Jingle Contest

About
- A jingle contest will be organised where the participants will submit a recording and a script in any Indian language

Key dates
- Will be available on the MyGov platform from <start date> to <end date>

How do I access it?
- By visiting the link: <insert link>
Potential role of Ministries/Departments

- Coordinated activities between Ministries and their bodies under one umbrella of IDY with common thematic branding: **Be With Yoga Be At Home**

- Inter-Ministerial coordinated Social Media campaigns.

- Sensitizing staff across all level on the importance of Yoga and leveraging existing networks and stakeholders to enhance penetration in rural areas such as through NSS, NCC, NYK.

- State and UT administrations counterparts can be roped in for various activities. Grantees and other beneficiaries of Ministries/Departments can be encouraged to make efforts to support the various activities.