

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.

The IDY Handbook
Reference for organisers of promotional
activities for International Day of Yoga
(IDY)- 2021

(For internal circulation only)



संस्कृतम्
Ministry of AYUSH
Government of India

April 2021

<https://yoga.ayush.gov.in/idy-2021>

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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

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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 (IDY2021).
- Using your social media platforms to spread for latest updates and information about IDY. The required inputs can be easily accessed from the

- 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 for 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: vikramsingh-cea@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.



COMMON YOGA PROTOCOL

YOGA VOLUNTEER TRAINING (YVT)
COURSE



Facebook.com/moAyush/
Facebook.com/indhiyayush



Ministry of AYUSH
Director MDNY



<https://yoga.ayush.gov.in/>



@ministryofayush
@indhiyayoga



@moayush



Ministry of AYUSH
Government of India

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



Issue 3
16 April - 30 April 2021



IDY 2021

INTERNATIONAL
DAY OF YOGA

NEWSLETTER



YOGA



Ayush Grid

yearly basis.

Yoga Calendar 2021			
January	February	March	April
May	June	July	August
September	October	November	December



my
GOV
मेरी सरकार



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>



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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/>



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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>



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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>



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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.