

No. Z-28011/09/2019-Genl-I
Government of India
Ministry of Health and Family Welfare
(General-I Section)

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Nirman Bhawan, New Delhi
19/06/2020

OFFICE MEMORANDUM

Subject:- International Day of Yoga (IDY), 2020 - reg.

The undersigned is directed to refer to D. O. Letter No. M-16011/42/2019-YN dated 3rd June, 2020 received from Secretary, Ministry of AYUSH (copy enclosed) on the subject cited above and to say that MoHFW will observe the International Day of Yoga (IDY), 2020 on 21.06.2020. Yoga@home and Yoga with family is considered as organizational goals for this season to achieve the twin objectives of :-

- i. Health promotion including of immunity through Yoga, and
- ii. 'Providing relief from stress and improving the sense of well-being by the practice of yoga.

2. Accordingly, all the employees and staff members (Including contractual staff) of Ministry are requested to practice and propagate yoga with family members in the run up to the IDY in such a way that it becomes a part of life. It is also requested to be part of IDY 2020 and also encourage and also encourage others to be part of this using resource available at social media platforms of AYUSH.

3. This issues with the approval of the Competent Authority.

Validity unknown

Digitally signed by AMIT SAHAI
Date: 2020.06.19 10:49:13 IST

(Amit Sahai)
Under Secretary to the Government of India
Tel: 23063514

To

All the employees and staff (including contractual) through e-office portal.



सत्यमेव जयते

वैद्य राजेश कोटेचा
Vaidya Rajesh Kotecha

सचिव

भारत सरकार

आयुर्वेद, योग व प्राकृतिक चिकित्सा
यूनानी, सिद्ध, सोवा रिग्पा एवं होम्योपैथी (आयुष) मंत्रालय
आयुष भवन, 'बी' ब्लॉक, जी.पी.ओ. कॉम्प्लेक्स,
आई.एन.ए. नई दिल्ली-110023

SECRETARY

GOVERNMENT OF INDIA

MINISTRY OF AYURVEDA, YOGA & NATUROPATHY
UNANI, SIDDHA, SOWA-RIGPA AND HOMOEOPATHY (AYUSH)
AYUSH BHAWAN, B-BLOCK, GPO COMPLEX
INA, NEW DELHI-110023

Tel. : 011-24651950, Fax : 011-24651937

E-mail : secy-ayush@nic.in

D. O. M.16011/42/2019-YN

Date: 3rd June, 2020

Dear colleague,

I am writing this for seeking your kind support for promotion of activities related to the observance of the International Day of Yoga (IDY), 2020 scheduled to be held on 21.06.2020. It is pertinent to note that in light of current pandemic situation in the country, the observation of International Day of Yoga (IDY-2020) may need to be re-purposed, requiring social distancing and other guidelines of the Government. There is a need to encourage people to pursue Yoga from their homes in this situation to serve the twin objectives of:

- (i) Health promotion including building of immunity through yoga, and
- (ii) Providing relief from stress and improving the sense of well-being by the practice of yoga.

It may kindly be recalled that since the year 2015, after the United Nations General Assembly took the historic decision to declare 21st June as the International Day of Yoga, this day has been observed all over the world with a lot of enthusiasm. However, due to COVID-19 situation, no mass gathering would be advisable this year. With a slight modification from the earlier approach, Ministry of AYUSH would like to encourage people this year to practice yoga at their home along with their family members. As a step towards this, the Ministry of AYUSH is planning to maximize the use of social and digital media platforms like YouTube, Facebook, Twitter, Instagram etc. to facilitate online participation from the people. Considering that your Ministry/ Department also have dedicated media and publicity platforms, I would request that the various decisions, events etc. related to IDY are shared, tweeted and liked from those platforms as well. Please also find attached at **Annexure I** a note on how the common people can join IDY-2020 from their respective homes.

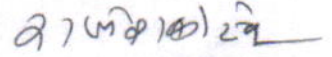
Further, the employees of your Ministry/Department, attached and subordinate offices, autonomous organisations, institutions and other stakeholders may kindly also be encouraged to practice and propagate yoga with their family members in the run up to the IDY in such a way that it becomes a part of their life. Yoga@home and Yoga with family may kindly be considered as an organizational goals for this season. Government servants are opinion leaders in their respective communities, and their embracing of yoga will certainly inspire others to emulate it.

Contd...2/-

For any assistance and seamless coordination, Shri P. N. Ranjit Kumar, Joint Secretary (011-24651938) or Shri Vikram Singh, Director (09868893051), Ministry of AYUSH may please be contacted.

With regards,

Yours sincerely,



(Rajesh Kotecha)

Encl. as above

To,

All Secretaries to Government of India (As per list attached)

I want to be a part of IDY -2020. What should I do?

Congratulations for deciding to be a part of IDY- 2020.

Yoga is an invaluable ancient Indian practice with numerous benefits to both physical and mental health. Given, the context of the current COVID-19 pandemic including restrictions on the movement of people and a slowdown in economic activity, the benefits offered by Yoga have become especially important for physical and mental wellbeing. Of particular importance are its proven benefits on general health and immunity enhancement, along with its globally accepted role as a stress buster.

As the mass performance of the Common Yoga Protocol (CYP)—one of the most popular Yoga programmes across the world—will remain at the heart of the International Day of Yoga (IDY) like always, this year IDY will be observed in a non-congregative manner. Therefore, you and your family are requested to join thousands of others on this day from your respective homes by doing the 45-minute long CYP drill at 7.00 AM on 21st June 2020. The CYP is a Yoga Protocol developed by accomplished Yoga experts, to facilitate harmony in the observation of IDY. Over the last few years, it has become one of the most popular Yoga programmes in the world. It is designed to be easily adoptable by the majority of the people irrespective of age and gender, which can be learnt through simple training sessions, even through online classes (individuals facing health issues are advised to consult a physician before taking up Yoga practice).

To make the observation of IDY at home possible, the Ministry of AYUSH and other stakeholders have been running multiple training programmes on Yoga and CYP. These programmes are being intensified, and daily online sessions on CYP will be streamed on the Ministry's Social Media Platforms as well as partner TV Channels. You may follow the Ministry's social media handles for additional details. Announcement on specific activities for 21st June 2020 will also be made available on these channels as we approach the IDY. Various reputed Yoga institutions will also be imparting online training lessons in CYP in the coming days. Please use the attached resources in preparing yourself and your family for IDY2020.

If you are already trained in CYP, please start teaching the same to your family members.

As June 21st is just a few days away. Prepare yourself, and be there to do Yoga with the world.

See you at 7.00 AM on 21st June 2020.

**International Day of Yoga (IDY) Videos (Hindi &English) and Links of Videos in
14 Regional Languages**

| S. No | IDY Videos – Common Yoga Protocol | YouTube Video Links |
|--------------|--|---|
| 1. | International Day of Yoga 2019 Common Yoga Protocol - HINDI | https://www.youtube.com/watch?v=wgjZ_LyNLRw |
| 2. | International Day of Yoga 2019 Common Yoga Protocol- ENGLISH | https://www.youtube.com/watch?v=K-GJh9GeOxE |
| 3. | Common Yoga Protocol- Manipuri, International Day of Yoga - 2016 | https://www.youtube.com/watch?v=iOGza5C9YhI |
| 4. | Common Yoga Protocol-Kannada, International Day of Yoga – 2016 | https://www.youtube.com/watch?v=k5W4sR7Ercs |
| 5. | Common Yoga Protocol- Sanskrit, International Day of Yoga - 2016 | https://www.youtube.com/watch?v=KYDVngTkslo |
| 6. | Common Yoga Protocol-Marathi, International Day of Yoga - 2016 | https://www.youtube.com/watch?v=JNvyqnlOYTY |
| 7. | Common Yoga Protocol- Malayalam, International Day of Yoga - 2016 | https://www.youtube.com/watch?v=ijJQAw-_XO8 |
| 8. | Common Yoga Protocol-Bengali, International Day of Yoga - 2016 | https://www.youtube.com/watch?v=oUIZzBbXz_U |
| 9. | Common Yoga Protocol- Kashmiri, International Day of Yoga - 2016 | https://www.youtube.com/watch?v=06h8PrIon3Y |
| 10. | Common Yoga Protocol-Tamil, International Day of Yoga - 2016 | https://www.youtube.com/watch?v=x_d3Ay7iy3c |
| 11. | Common Yoga Protocol-Urdu, International Day of Yoga - 2016 | https://www.youtube.com/watch?v=PWwp4KDQRwQ |
| 12. | Common Yoga Protocol-Telgu, International Day of Yoga - 2016 | https://www.youtube.com/watch?v=hKUqsrAXC34 |
| 13. | Common Yoga Protocol-Assamese, International Day of Yoga - 2016 | https://www.youtube.com/watch?v=PEkxjWdNUU0 |
| 14. | Common Yoga Protocol-Punjabi (Full Version), International Day of Yoga - 2016 | https://www.youtube.com/watch?v=LK4ZoeTKOdY |
| 15. | Common Yoga Protocol-Oriya (full version), International Day of Yoga - 2016 | https://www.youtube.com/watch?v=sqEHmSMCgt4 |
| 16. | Common Yoga Protocol-Gujarati (Full Version), International Day of Yoga - 2016 | https://www.youtube.com/watch?v=0Bsb01XaCfc |

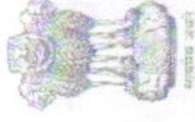
Links of Ministry of AYUSH Website, Social Media Handles & Institutes

| S.No | Ministry of AYUSH/ Institutes | Website Links |
|------|--|---|
| 1. | Ministry of AYUSH Website | https://main.ayush.gov.in/ |
| 2. | Yoga Portal – Ministry of AYUSH | https://yoga.ayush.gov.in/yoga/ |
| 3. | Ministry of AYUSH – Facebook Page | https://www.facebook.com/moayush/ |
| 4. | Ministry of AYUSH – Twitter | https://twitter.com/moayush |
| 5. | Ministry of AYUSH – Instagram | https://www.instagram.com/ministryofayush/?hl=en |
| 6. | Morarji Desai National Institute of Yoga (MDNIY) | http://www.yogamdniy.nic.in/ |
| 7. | Central Council for Research in Yoga & Naturopathy (CCRYN) | http://ccryn.gov.in/ |
| 8. | National Institute of Naturopathy (NIN), Pune | http://punenin.org/index.htm |
| 9. | Shri Ambika Kutir | www.ambikayogkutir.org |
| 10. | Parmanand University Trust (Parmanand Institute of Yoga Sciences and Research) | www.parmyoga.org |
| 11. | Sri Sri School of Yoga | www.srisrischoolofyoga.org |
| 12. | The Yoga Institute | www.theyogainstitute.org |
| 13. | Patanjali Yogpeeth (Trust) | www.divyayoga.com |
| 14. | Swami Vivekananda Yoga Anusandhanasamsthana(S-VYASA) | www.svyasa.edu.in |
| 15. | KaivalyadhamaShriman Madhav Yoga Mandir Samiti, Kaivalyadhama Yoga Institute | www.kdham.com |

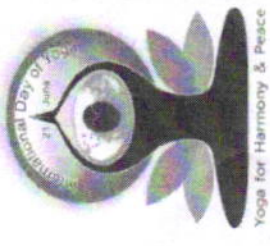
| S.No | Ministry of AYUSH/ Institutes | Website Links |
|------|--|--|
| 16. | Krishnamacharya Yoga Mandiram | www.kym.org |
| 17. | Yoga Vidya Gurukul | www.yogavidyagurukul.org |
| 18. | Dev Sanskriti Vishwavidhyalaya | http://www.dsvv.ac.in/ |
| 19. | Hata Yoga Abhyaasa and Prachaara Trust | www.a1000yoga.com |
| 20. | Yoga Niketan Trust | www.yoganiketan.org |
| 21. | Lovely Professional University | https://www.lpu.in/ |

International Day of Yoga (IDY) Videos and Links of Videos in 6 International Languages

| S. No | IDY Videos – Common Yoga Protocol | YouTube Video Links |
|--------------|---|---|
| 1. | Common Yoga Protocol, AYUSH(French version) | https://www.youtube.com/watch?v=GLbsv7febmM&list=PLpSRwBxMiWRPBFQcwbLLSCNkt7b9YvT_S&index=1 |
| 2 | Common Yoga Protocol, AYUSH (Mandarin 瑜伽 Version) | https://www.youtube.com/watch?v=HTikjWrBAD0&list=PLpSRwBxMiWRPBFQcwbLLSCNkt7b9YvT_S&index=2 |
| 3 | Common Yoga Protocol, AYUSH (Spanish Version) | https://www.youtube.com/watch?v=0wgKZGtphjM&list=PLpSRwBxMiWRPBFQcwbLLSCNkt7b9YvT_S&index=3 |
| 4 | Common Yoga Protocol - AYUSH (Arabic Version) | https://www.youtube.com/watch?v=TXvB1HFs-2k&list=PLpSRwBxMiWRPBFQcwbLLSCNkt7b9YvT_S&index=4 |
| 5 | Common Yoga Protocol, AYUSH (Russian Version) | https://www.youtube.com/watch?v=DE5q0BpjF14&list=PLpSRwBxMiWRPBFQcwbLLSCNkt7b9YvT_S&index=5 |
| 6 | Common Yoga Protocol, AYUSH (English Version) | https://www.youtube.com/watch?v=FMf3bPS5wDs&list=PLpSRwBxMiWRPBFQcwbLLSCNkt7b9YvT_S&index=6 |



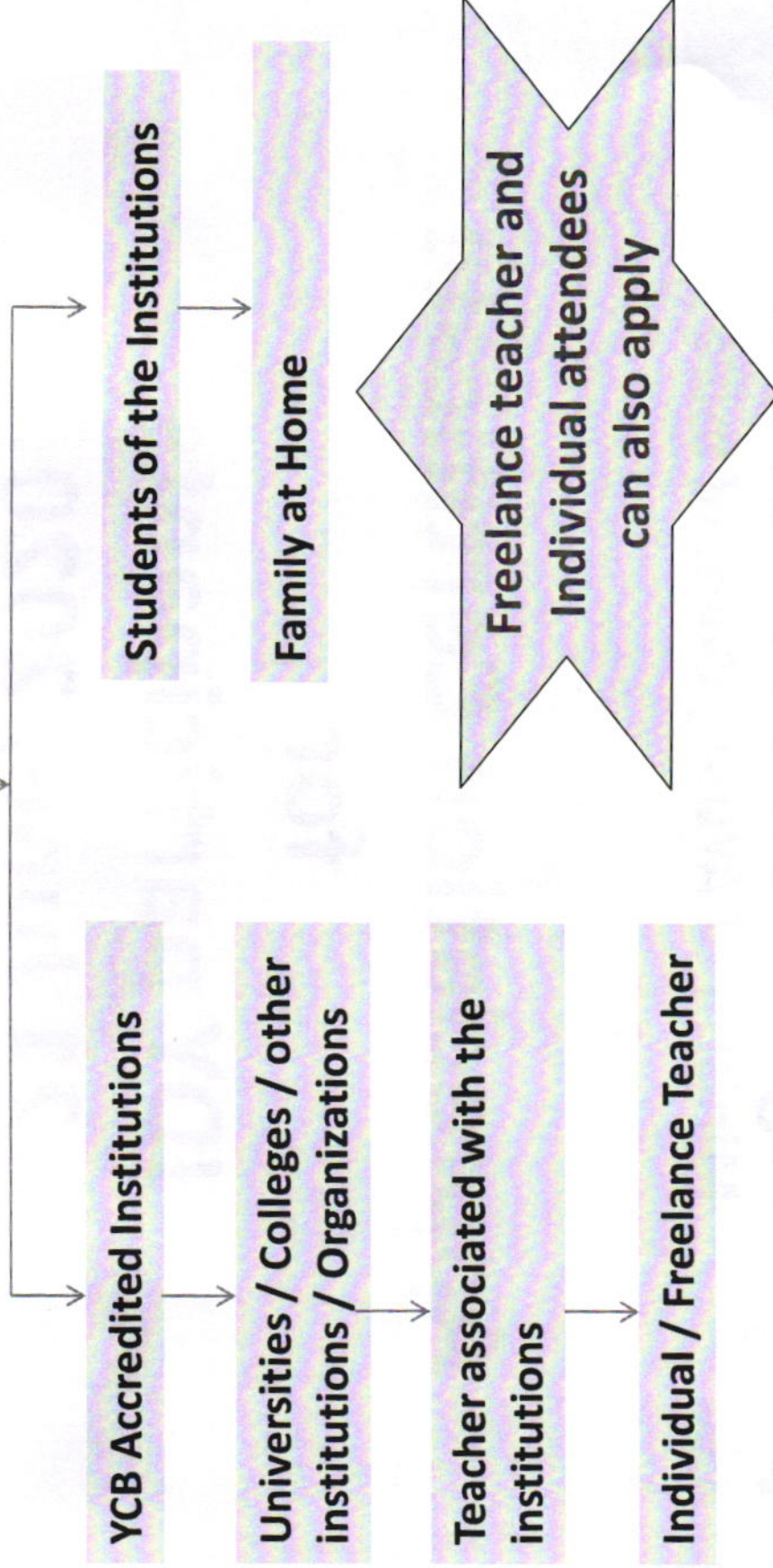
आयुष मंत्रालय, भारत सरकार
Ministry of AYUSH, Govt. of India



Yoga certification Board
Ministry of AYUSH, Govt. of India

Appreciation Certificate for IDY participants 21 June, 2020

Who Can Participate / Apply in



All participated institutions, teachers, students, family will observe and participate in IDY on 21 June 2020 from 07:00 AM to 07:45 AM

How to Apply

FIRST

Institutions shall apply

- Fill the form by clicking Institution link
- You will get Institutions ID after submission of application

SECOND

Teacher of the institute shall apply

- Fill the form by clicking teacher link
- Fill Institution ID in the Institution ID Column
- You will get Teacher ID after submission of application

THIRD

Participants/attendees of IDY 2020 shall apply

- Fill the form by clicking attendees link
- Fill Teacher ID in the Teacher ID Column
- You will get Participants ID after submission of application

How to Apply

Freelance Teacher Institutions shall apply

- Fill the form by clicking Institution link
- You will get Institutions ID after submission of application

Participants / Attendees of Freelance Teacher

- Fill the form by clicking teacher link
- Fill Institution ID in the Institution ID Column
- You will get Teacher ID after submission of application

Independent Attendees

- Fill the form by clicking attendees link
- You will get Participants ID after submission of application

How to Post your photo, video

All participants of Common Yoga Protocol training program shall perform Yoga on 21 June 2020 from 07:00 AM to 07:45 AM

All participants (Institutions, teachers, attendees) shall post their video, photo of IDY on 21 June 2020.

The participants shall upload their video, photo by using their Facebook, Twitter account as per the following:

- For International participants:

Mention #CYP2020_Global_Country Name then post your photo, video

- For Indian participants:

Mention #CYP2020_India then post your photo, video

- For Indian State:

Mention #CYP2020_State Name then post your photo, video

- For Institution:

Mention #CYP2020_Institution Name then post your photo, video