

Government of India
Ministry of India
Department of Posts
(Welfare & Sports Section)

Dak Bhawan, Sansad Marg
New Delhi – 110001

Dated 05.06.2020

To,
All Heads of Circles

**Sub: International DAY of Yoga (IDY) 2020 – DO Letter to Nodal Officers from
AYUSH – reg**

Please find enclosed herewith DO letter no. M.16011/42/2019-YN dated 4th June 2020, regarding observation of International Day of Yoga IDY 2020 scheduled to be held on 21st June 2020, with the key goal of using digital media this year to promote raise Yoga awareness and its adoption due to the current pandemic situation globally. Guidelines for observing Yoga from Home are attached along with other necessary details.

2. This is for information, circulation and necessary action.

Yours Faithfully



(Alima Tirkey)

Section Officer (Welfare & Sports)

Copy to:

- (i) O/o Secretary (Posts), Dak Bhawan
- (ii) O/o Director General (Posts), Dak Bhawan.
- (iii) Secretary (PSB), Dak Bhawan.
- (iv) Army Postal Service, 1 CBPO, New Delhi.
- (v) CGM, Business Development Directorate
- (vi) CGM, Postal Life Insurance Directorate.
- (vii) Shri Vikram Singh, Director, Ministry of AYUSH, for information.
- (viii) Rafi Ahmed Kidwai National Postal Academy.
- (ix) All Postal Training Centers
(Saharanpur/Vadodara/Mysore/Madurai/Darbhanga/Guwahati)
- (x) The General Manager, CEPT, Mysore with the request for uploading on the Website of India Post.



Vikram Singh
Director

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

GOVERNMENT OF INDIA
MINISTRY OF AYURVEDA, YOGA & NATUROPATHY
UNANI, SIDDHA AND HOMOEOPATHY (AYUSH)
"AYUSH BHAWAN", B-BLOCK, GPO COMPLEX
INA, NEW DELHI-110023
D.O. M.16011/42/2019-YN
4th June, 2020

Dear Sir/Madam

I am writing this in connection with the International Day of Yoga (IDY) 2020, scheduled to be held on 21st June, 2020, with the key goal of using digital media this year to promote raise Yoga awareness and its adoption due to the current pandemic situation globally.

Since 2015, when the United Nations General Assembly (UNGA) took the historic decision to declare 21st June as the International Day of Yoga, this day has been celebrated all over the world in ever growing numbers. The objective of observing the IDY is to remind the people across the globe about the benefits of Yoga and to build enduring public interest by highlighting its importance and contributions to public health. Therefore, it would be our privilege to associate with you in this endeavour in championing the cause of Yoga to serve as a tool in the betterment of health and wellbeing of the community, especially improving immunity and physical health given the COVID-19 situation.

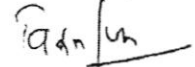
Due to contagious nature of COVID-19, numerous restrictions exist with respect to mass gatherings and movement to avoid its spread, as the government slowly opens up key sectors in the country. Therefore, this year, the Ministry of AYUSH (MoA), Government of India (GoI) is encouraging people to learn about Yoga from the safety of their homes through the various resources made available online, promote the practice amongst their friends and family and regularly do Yoga, in addition to standing together in solidarity globally at 7 am on the 21st of June by collectively doing Yoga from their homes. As a step towards this, the MoA has attached various digital resources available for free which can be used to learn and disseminate information on Yoga in relevant Annexure, and further, latest information and updates can be found on the MoA website, the Yoga Portal, along with our social media channels on Facebook, Instagram, Twitter, and Youtube.

We keenly look forward to your support which has always been an important stakeholder in taking the IDY forward in a significant way. To that end we are sharing with you detailed guidelines which can be implemented by your esteemed Ministry/ Department to support the MoA in this endeavour. More communications regarding the events and initiatives being organised by the Ministry shall follow. With this backdrop, I would be very grateful if you could keep all the employees and their families of your Ministry/ Department motivated for the observance of IDY 2020 from their homes and provide active support to the Ministry.

I would also request you to share your suggestions, if any, with the Ministry of AYUSH, so that additional initiatives and best practices may be shared and adopted to achieve the goal.

Warm regards.

Yours sincerely,



(Vikram Singh)

विक्रम सिंह
VIKRAM SINGH
निदेशक/Director

भारत सरकार, आयुष मंत्रालय
Govt. of India, Ministry of AYUSH
आयुष भवन, ई-ब्लॉक, सीपीओ कॉम्प्लेक्स, इंदिरा नगर, नई दिल्ली-23
AYUSH Bhawan, E-Block, CPO Complex INA, New Delhi-23

To the Nodal officers of all the Ministries/ Departments of Government of India

Annexure 1: Guidelines for Yoga@Home

The following guideline provide steps that can be undertaken to promote IDY 2020 and encourage people to do Yoga from Home, especially at 7 am on the 21st June, 2020. These are suggested steps which should be considered in addition to specific communications sent by the Ministry of AYUSH.

For Ministries/States/UTs/Departments

- Sample letter attached in subsequent sections along with a list of online resources can be uploaded and publicises on your social media channels. These have been provided for reference and can be amended as per your convenience
- Request your social media channels and employees to follow Ministry of AYUSH social media accounts for latest updates and information—this can be shared by official social media channels as deemed fit
- Upload of Yoga@Home guidelines and a list of digital resources on your website
- Circulation of sample email and message attached along with a link to the digital resources to all departments, employees, and partners so that they can be further shared externally to raise awareness about IDY 2020
- Closer to the 21st of June significant increase in messaging on social media and internal circulation to promote people to do Yoga from their home with their families
- It is of utmost important that the concept of Yoga@Home be highlighted in any such communication, due to COVID-19 to avoid any miscommunication/misunderstanding which may lead to the violation of leading GoI advisories on the management of the pandemic—especially mass gatherings, social distancing norms, and use of basic protective measures such as masks and sanitisers

For education and research institutes (including AYUSH)

- AYUSH institutes are encourages to conduct online trainer-led Yoga sessions for an hour each, starting 15 days before IDY for all its members and the public. These can be publicised using social media channels
- Sample letter attached in subsequent sections along with a list of online resources can be uploaded and publicises on your social media channels. These have been provided for reference and can be amended as per your convenience
- Request your social media channels and employees to follow Ministry of AYUSH social media accounts for latest updates and information—this can be shared by official social media channels as deemed fit
- Upload of Yoga@Home guidelines and a list of digital resources on your website
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pandemic—especially mass gatherings, social distancing norms, and use of basic protective measures such as masks and sanitisers

Annexure 2: Sample letter, email, and message

Letter: 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 IDY 2020.

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.

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

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.

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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.

Message (Text/Whatsapp)

Stand in solidarity with everyone by doing Yoga@Home on the 21st of June.

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.

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. 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. You may follow the Ministry's social media handles for additional details and find training resources here yoga.ayush.gov.in.

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.	Kaivalyadhama Shriman Madhav Yoga Mandir Samiti, Kaivalyadhama Yoga Institute	www.kdham.com
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/

Annexure 4: Participation details (Yoga@Home)

IDY Participation 2020 – 21st June 2020

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