



वन्दना गुरनानी, भा.प्र.से.

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भारत सरकार
स्वास्थ्य एवं परिवार कल्याण मंत्रालय
निर्माण भवन, नई दिल्ली - 110011

Government of India
Ministry of Health & Family Welfare
Nirman Bhavan, New Delhi - 110011

Dear Colleagues,

D.O. No: Z-28015/32/2019-NHM-I

Dated: 5th June 2020

As you are aware that June 21st is celebrated as International Day of Yoga (IDY) all over the world since 2015. This year also, it is scheduled to be held on 21.06.2020. Yoga has proven benefits in stress relief and immunity building and IDY is a platform to utilize these benefits for improvement in population health. Every year since 2015, the IDY is celebrated with participation across the country.

However, in the current situation of COVID-19 pandemic, mass gatherings should be avoided. Therefore, it has been planned to maximize IDY 2020 participation by performing Yoga at home, with the entire family by utilizing the full potential of social media platforms like YouTube, Twitter, Facebook, Instagram etc. to facilitate online participation of the people.

To make the observation of IDY at home possible, the Ministry of AYUSH, Govt. of India is conducting training programmes on Yoga and Common Yoga Protocol. Daily online sessions will be streamed on the Ministry of AYUSHs' Social media platforms and partner TV channels.

Since, all the States/UTs have worked relentlessly to operationalize more than 40,000 AB-Health and Wellness Centres in the country, it would be encouraging to utilize their potential so as to ensure optimum community participation on this IDY from Yoga at Home. The AB-HWC team including the yoga trainers engaged may be used for conveying IEC related to IDY on 21.06.2020. A note on how the people can participate online is provided in **Annexure I**, along with the links to the various online resources which can be used by personnel posted at HWCs to raise awareness on Yoga and promote online participation (**Annexure II and Annexure III**). Online Yoga classes may be conducted at HWCs by engaging Yoga instructors wherever possible through the free apps available online. **Annexure IV** may be used by HWCs to record people who performed yoga at home on 21.06.2020.

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Additionally, the frontline healthcare workers may disseminate information to the local communities and raise awareness about benefits of Yoga and point them towards resources of Ministry of AYUSH and social media pages to obtain latest information.

I hope that this event is made successful by maximum online participation of community.

with warm regards

Yours sincerely,


(Vandana Gurnani)

Additional Chief Secretary/ Principal Secretary/ Secretary (Health)- all States/UTs

Mission Director (NHM)- all States/UTs

Copy to:

- JS (Policy)
- Director (NHM-I/II/III/IV)
- ED, NHSRC
- Director, MoAYUSH, GoI

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.

**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 Anusandhana samsthana(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/

S.No	Ministry of AYUSH/ Institutes	Website Links
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 IV: Participation details (Yoga@home)

1. IDY Participation 2020 – 21st June 2020

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