

F.No. Z-20025/01/2020- Adm-II
Government of India
Ministry of Labour & Employment

Shram Shakti Bhawan, Rafi Marg
New Delhi, dated 18th June, 2020

OFFICE MEMORANDUM

Subject :- Celebration of International Day of Yoga (IDY) on 21st June, 2020- reg

Conveying heartiest Congratulations for deciding to be a part of International Day of Yoga IDY-2020, the undersigned directed to informed that Yoga is an invaluable ancient Indian practice with numerous benefits to both physical and mental health. Given, the context of the current of 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.

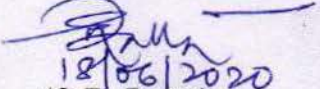
2. As the mass performance of the Common Yoga Protocol (CYP) – on the most popular Yoga programmes across the world – will remain at the heart of the International Day of Yoga (IDY) like always, this year IDY will be observed in a non-congregative manner. All staff and their family members are therefore requested to join on this day from their 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 Ministry of AYUSH through accomplished Yoga experts, to facilitate harmony in the observance of IDY.

3. To make the observation of IDY at home possible, the Ministry of AYUSH and other stakeholders have been running multiple programmes on Yoga and CYP. These programmes are being intensified, and daily online sessions on CYP will be streamed on the Ministry of AYUSH's Social Media Platforms as well as partner TV Channels. For additional details, Ministry of AYUSH's Social Media platform may be followed on the portal www.mylifemyyoga.2020.com. Announcement on specific activities for 21st June will also be made available on these channels. Various reputed Yoga institutions will also be imparting online training lessons in CYP in the coming days and staffs are requested to use the attached resource in preparing themselves and their family members for IDY 2020.

4. It is requested to kindly perform Yoga at Home with family at 7 am on the 21st of June, 2020 on the occasion of IYD – 2020. To track public participation, the Ministry of AYUSH has also created a Google form which is requested to be filled with estimates of persons and families practicing the CYP at 7 am on the 21st June, 2020. The

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participation form link is: <https://forms.gle/Kj7oAjbejSasvDPLA>. Additionally, a paper (e-mail) proforma may also be filled in as provided in the attachment, and sent to pmu-ayush@gov.in.


18/06/2020
(S.R. Datta)

Under Secretary to the Govt. of India.

To

1. All Officers/Officials of Ministry of Labour & Employment.
2. IT Cell / NIC for uploading the above in the website of the Ministry and taking appropriate action.

Copy to:-

1. EPFO, ESIC, DGMS, DGFASLI, DG, VVGNLE, DGLB, Dir.(CBWE), CLC(C), DG(E) for taking appropriate action to celebrate IDY-2020.

Annexure 3: Digital resources for Yoga@Home

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=oUlZzBbXz_U
9.	Common Yoga Protocol- Kashmiri, International Day of Yoga - 2016	https://www.youtube.com/watch?v=06h8PrI0n3Y
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

