



सत्यमेव जयते

Ministry of Ayush  
Government of India



# The IDY Handbook

Reference for organizers of promotional activities for  
International Day of Yoga (IDY) 2024







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## Preface

21st June was recognized as the International Day of Yoga (IDY) by the United Nations General Assembly (UNGA) in December 2014 at the initiative of the Hon'ble Prime Minister of India. The IDY Resolution (Appendix 1 in Section J) moved by India secured unanimous consent and since 2015, IDY has been an occasion that is observed around the world with great enthusiasm and fervour.

The observance of IDY underscores the profound potential of yoga to enhance physical, mental, and emotional well-being. Beyond celebrating this ancient practice, IDY seeks to educate and inspire people worldwide to embrace its transformative benefits. Over the years, the celebration of yoga through IDY has not only increased its popularity but also expanded its geographical presence, inspiring adoption in numerous new regions. The event has spurred significant advancements in the field of yoga, including the creation of yoga protocols for individuals of all ages, the development of specific protocols targeting lifestyle diseases, and research into yoga as a potential productivity-enhancing tool.

In India, the Ministry of Ayush (MoA) serves as the nodal agency in mobilizing efforts to observe IDY each year. However, the mission to promote awareness and adoption of Yoga on a global scale requires collaborative efforts and could not have been achieved by working in isolation. Over the past nine years of IDY observance, the partnerships formed by the Ministry with key stakeholders—including other Central Ministries, States/UTs, leading Yoga institutions, Yoga centers, independent practitioners, educational institutions, non-governmental organizations, and other civil society organizations—have been instrumental in successfully inspiring an ever-growing number of people to participate in IDY each year. These stakeholders made valuable contributions in promoting the spirit of participation in IDY on a wide scale, thus converting IDY into a mass movement for health and well-being.

MoA is releasing the revised version of the IDY Handbook containing reference material for organizers of promotional activities for IDY- 2024, to enable faster, easier, and smoother planning and implementation of IDY activities. The Handbook through standardization of activities will also help to strengthen collaborations among different stakeholders in organizing activities for IDY-2024. The reference material provided herein will enable the organizers to adopt a systematic approach, thus widening the net of potential participants and facilitating the inclusion of a larger number of stakeholders.. The Handbook is structured to provide a background on IDY, its significance, past achievements and the importance of the Common Yoga Protocol (CYP). It will indicate how individuals and institutions can participate to make IDY a truly universal event. The Ministry has also included a list of publicly accessible digital resources that organizers can leverage, as well as suggestions for various activities that can be conducted by each.

The Ministry is continually striving to innovate and deepen its relationships with the various stakeholders of IDY, which is essential to creating a sustainable impact that extends beyond the day of IDY celebration. Consequently, the Ministry invites stakeholders to engage in discussions with us to explore potential additional initiatives that can be undertaken collaboratively. To facilitate this and explore how the Ministry can collaborate with your esteemed institution, you can contact Smt. Vijayalakshmi Bharadwaj, Director, Yoga & Naturopathy Cell, Ministry of Ayush at [vijayalakshmi.bharadwaj40@gov.in](mailto:vijayalakshmi.bharadwaj40@gov.in) or 011-24651658.

Your comments, suggestions, efforts, and other contributions towards this global health-seeking effort would be highly appreciated.





## A. What is IDY and how is it observed?

**R**ecognizing the universal appeal of Yoga, owing to its demonstrated benefits for health and towards stress-relief, the United Nations General Assembly (UNGA) proclaimed 21<sup>st</sup> June as the International Day of Yoga (IDY) on 11<sup>th</sup> December 2014, by resolution 69/131 (shared as Appendix 1 in Section J). The draft resolution establishing IDY was proposed by India and endorsed by a record 175 Member States. The proposal was first introduced by the Hon'ble Prime Minister of India, in his address during the opening of the 69<sup>th</sup> session of the General Assembly, in which he said, "Yoga is an invaluable gift from our ancient tradition. Yoga embodies unity of mind and body, thought and action- a holistic approach that is valuable to our health and our well-being. It's not just about exercise; yoga is a way to discover a profound sense of oneness with yourself, the world, and nature."

Since 2015, this day has been observed worldwide with an ever-growing number of participants. Observing IDY encourages individuals to make healthier choices such as practicing yoga and adopting lifestyle patterns that promote good health. In this regard, the World Health Organization has urged its member states to help their citizens reduce physical inactivity, which is among the top ten leading causes of death worldwide, and a key risk factor for non-communicable diseases, such as cardiovascular diseases, cancer, and diabetes. Thus, observing IDY provides an opportunity to raise global awareness about the health and well-being benefits of yoga and to build lasting public interest by highlighting how these benefits can be achieved through relatively easy and cost-effective efforts.

As the nodal Ministry, the Ministry of Ayush (MoA) has been actively collaborating with a multitude of stakeholders from different domains in this endeavour, championing the cause of Yoga for the betterment of the health and well-being of the community.







## Past International Day of Yoga (IDYs) Celebrations

The 1<sup>st</sup> IDY was inaugurated on 21<sup>st</sup> June 2015 by the Prime Minister of India. The event also registered two Guinness World Records: the first for 35,985 people practicing in a single Yoga session at a single venue and the second for most nationalities (84) participating in a Yoga lesson. The event was recognized and celebrated across 170 countries including USA, China, and Canada. Since then, the event has been observed globally with utmost zeal and vigour and has acquired the character of a mass movement. The main national IDY event took place in Chandigarh in 2016, Lucknow in 2017, Dehradun in 2018, Ranchi in 2019, and Mysuru in 2022. The events in 2020 and 2021 were conducted virtually. In 2023, the event was held uniquely in both Jabalpur, India, and New York City. Hon'ble Prime Minister of India led the harmonious mass demonstration of Yoga based on the Common Yoga Protocol (CYP) at each of these venues. Further, thousands of such Yoga demonstrations – big and small organized by diverse stakeholders – marked these IDYs, across virtually every nook and corner of the country.

However, IDY 2020 and 2021 marked a departure from the earlier observations due to the COVID-19 pandemic forcing people across the world indoors and halting congregational activities. This necessitated a safer outlook towards IDY observance, and digital channels provided the solution. The themes for the IDY 2020 and 2021 were 'Yoga at Home, Yoga with Family' and 'Yoga for Wellness' respectively. No mass demonstrations were organized, yet the people in millions observed both the IDYs at home with their family members.

The Ministry of Ayush (MoA) had made various online resources available on its digital platforms like the Yoga Portal (<https://yoga.ayush.gov.in/YAP/Home.php>) and the Social Media handles like YouTube, Facebook, Twitter, and Instagram to provide ample opportunities for people to learn Yoga at home. The Ministry, in association with Prasar Bharati, made arrangements for telecasting a trainer-led Yoga session on DD National on IDY 2021. Several enhancements were also made to MoA's Yoga Portal (<https://yoga.ayush.gov.in/YAP/Home.php>) to fully equip it for promoting and hosting IDY 2021.

The 8<sup>th</sup> edition of the International Day of Yoga 2022 returned in physical form after a gap of 2 years due to COVID-19 pandemic. The theme for IDY 2022 was 'Yoga for Humanity' with an intention to highlight the importance and contribution of Yoga in serving the humanity all over the world, and in mitigating the people's sufferings during pre and post COVID period. The event saw a massive participation, from over 22.13 crore individuals. The global outreach through the Ministry of Ayush's initiatives, with various stakeholders, was around 125 crore.

The main IDY event was held at the Mysuru Palace (Karnataka) where the Hon'ble Prime Minister led the nation in observation of IDY. More than 15,000 people participated in the Common Yoga Protocol Session. 142 stalls were put up by 87 Yoga & Ayush institutions and Start-up also showcased their innovative products at exhibition organised at the Dussehra Ground, in Mysuru (Karnataka).

Another flagship initiative was the 'Guardian Ring of Yoga' program which celebrated the Movement of the Sun from the east to the west, based on the concept 'One Sun, One Earth'. 79 countries and the United Nations Organization (UNO) were onboard for the programme, with full support of the Indian Missions.

As IDY 2022 coincided with the celebration of 'Azadi ka Amrit Mahotsav' (AKAM), the Central Government observed the day at 75 heritage sites nationwide. Indian Missions abroad and leading Yoga institutions celebrated IDY with great enthusiasm.



IDY 2023, themed 'Yoga for Vasudhaiva Kutumbakam,' coincided with India's G20 Presidency. The national celebration, led by the Honorable Vice President of India in Jabalpur, Madhya Pradesh, saw over 15,000 participants in the Common Yoga Protocol (CYP). Meanwhile, the Hon'ble Prime Minister led IDY 2023 from the UN Headquarters in New York, joined by 135 countries.

A unique feature, the 'Ocean Ring of Yoga', involved Indian Navy and Merchant ships spreading the message of peace across India's extended neighborhood, covering over 35,000 km. At the national level, IDY 2023 aimed for "Har Aangan Yoga," promoting yoga at the village level, involving Panchayats, Anganwadis, and Ayush facilities.

Two Guinness World Records were set, one at the UN Headquarters and another in Surat, with 1.53 lakh participants. Yoga demonstrations spanned from the Arctic to Antarctica, including participation from India's research bases in these regions. The event also saw the formation of Yoga Bharatmala and Yoga Sagarmala, coordinated demonstrations by the Indian armed forces along the country's coastline and islands.

Overall, IDY 2023 saw massive participation, with over 23.44 crore individuals involved globally. The Ministry of Ayush's initiatives reached over 113 crores, with various countdown events leading up to the main celebration.





## How is IDY observed?

The UN resolution on IDY calls upon all countries, international and regional organizations, as well as civil society, including individuals, to observe the International Day of Yoga raise awareness of the benefits of practicing yoga. The observation of IDY has been structured to be in alignment with the UN resolution. Given that yoga offers a holistic approach to health and well-being, disseminating information about its benefits is essential for improving the health of the world population. Consequently, standard procedures for IDY observation have been designed to facilitate the wider adoption of yoga practices and maximize its positive impact on global health. The activities of IDY are designed to ensure that participants' interest in yoga extends beyond the event itself. It has been observed that a significant number of individuals who initially engage in learning the Common Yoga Protocol (CYP) as part of IDY continue practicing yoga even after the event.

In India, the activity at the heart of IDY observation is the harmonious demonstration/performance of Yoga based on the Common Yoga Protocol (CYP), the latter being a specified sequence of Yoga practices of about 45 minutes duration. You may read more about CYP in the next section of this Handbook.

On the International Day of Yoga, the IDY observation typically lasts for one hour, from 7:00 a.m. to 8:00 a.m. The CYP is normally performed from 07:00 am to 07:45 am. After 07:45 am, the organizers of the event (or the individuals joining from their homes) may follow any suitable and customized 15-minute programme, which could be a Yoga practice, speech, prayer etc. The activity concludes at 08:00 am.

The option of following the CYP practice from national television on 21<sup>st</sup> June is also open, and this has the advantage of enabling all the Yoga-followers of the entire country to be in harmony to mark the IDY.





## B. What is the Common Yoga Protocol (CYP)?

### Common Yoga Protocol (CYP) 45 minutes



**PRAYER : 1 Minute**

ॐ Samgacchadhvam samvadadhvam, sam vo manāmsi jānatām  
devā bhāgam yathā pūrve, sanjānānā upāsate ||

**LOOSENING PRACTICES : 6 Minutes**

  
Alert Posture

  
Forward and Backward Bending

  
Right and Left Bending

  
Right and Left Twisting

  
Neck Rotation

  
Shoulder Stretch

  
Shoulder Rotation

  
Trunk Movement

  
Knee Movement

**YOGĀSĀNAS : 25 Minutes**

  
TĀḌĀSĀNA

  
VRKṢĀSĀNA

  
PĀDA-HASTĀSĀNA

  
ARDHA CAKRĀSĀNA

  
TRIKONĀSĀNA

  
BHADRĀSĀNA

  
VAJRĀSĀNA

  
ARDHA UṢṬRĀSĀNA

  
USTRĀSĀNA

  
ŚAŚAKĀSĀNA

  
UTTĀNA  
MANDŪKĀSĀNA

  
VAKRĀSĀNA

  
MAKARĀSĀNA

  
BHUJAṄGĀSĀNA

  
ŚALABHĀSĀNA

  
SETUBANDHĀSĀNA

  
UTTĀNA PĀDĀSĀNA

  
ARDHA HALĀSĀNA

  
PAVANAMUKTĀSĀNA

  
ŚAVĀSĀNA

**KRIYĀ, PRĀṆĀYĀMA, DHYĀNA, SANKALPA : 12 Minutes**

  
KAPĀLABHĀTĪ

  
NĀḌĪŚODHANA PRĀṆĀYĀMA

  
ŚĪTĀLĪ PRĀṆĀYĀMA

  
BHṚĀMĀRĪPRĀṆĀYĀMA

  
DHYĀNA

**Shanti Mantra : 1 Minute**

ॐ Sarve Bhavantu Sukhinaḥ,  
Sarve Santu Nirāmayāḥ  
Sarve Bhadrāṅi Paśyantu,  
Mā kaścit Duḥkha Bhāghhavet  
ॐ Śāntiḥ Śāntiḥ Śāntiḥ

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Common Yoga Protocol (CYP), a specified sequence of Yoga practice of 45 minutes, lies at the heart of the IDY observation. It was developed by some of the most accomplished Yoga gurus of India in 2015. Conceived with the need to organize harmonious mass Yoga demonstrations in observance of International Day of Yoga (IDY), it comprises the ideal assemblage of asanas for introducing beginners to Yoga practice. It was designed meticulously so that people from various age groups and all walks of life can participate and reap the health benefits of Yoga. It is also aimed at raising awareness about yoga among the general public. In a short span of nine years, CYP has emerged as one of the most popular introductory programmes for new learners of Yoga.

On the International Day of Yoga (i.e., 21<sup>st</sup> of June), the Common Yoga Protocol is normally performed in groups from 07:00 am to 07:45 am, the organizers of the event may follow any suitable and customized 15-minute programme, which could be a Yoga practice, speech, prayer etc. Thus, the IDY observation is a 1-hour activity from 07.00 am to 08.00 am.

Since the focus of IDY would be on group Yoga demonstrations based on CYP, organizers of each IDY event may take efforts to familiarize the intended participants/general public with CYP well in advance. CYP being a 45 minutes -long activity, is estimated by experts to ideally require 15 hours of training (preferably one hour per day) to learn. However, even with about 5 hours of familiarization, one can join the CYP demonstration in the spirit of participation. All stakeholders and organizers, therefore, include CYP training/learning as an important activity in the preparatory efforts of IDY. It is seen from the experience of the last nine years that many of those who learn CYP in the spirit of participation in IDY continue to practice the same even beyond the IDY. Thus, participation in IDY becomes a starting point for the regular pursuit of Yoga.



The PDF versions of the CYP booklet are available in English and Hindi on MoA's Yoga Portal (<https://yoga.ayush.gov.in/YAP/Home.php>), which can easily be downloaded from the following links–

English: <https://yoga.ayush.gov.in/YAP/PDF-Reader?lang=en&pdffile=CYP-2023-English.pdf>

Hindi: <https://yoga.ayush.gov.in/YAP/PDF-Reader?lang=en&pdffile=CYP-2023-Hindi.pdf>

Links for the CYP videos are available in this document, in Section F - Digital Resources for Yoga.



## C. Creating a buzz: Initiatives for IDY promotion by the Ministry of Ayush

The following are some of the initiatives being undertaken by MoA to maximize participation in the observance of IDY 2024:

- Morarji Desai National Institute of Yoga (MDNIY), Ministry of Ayush, Government of India has organized Yoga Mahotsav-2024- an event to commemorate 100 days countdown to IDY-2024 on 13.03.2024 at Vigyan Bhawan, New Delhi. The event formally marked the beginning of the journey towards 10th IDY -2024. Along with global outreach, the IDY focuses on taking Yoga to each and every village in India through the active participation of Gram Panchayat/Gram Sabhas.
- Yoga Mahotsav 2024 witnessed the auspicious presence of Vaidya Rajesh Kotecha, Secretary Ayush; Dr. H.R. Nagendra, Chancellor of S-VYASA University, Bengaluru; Smt. Hansaji Jayadeva, Director of The Yoga Institute, Mumbai; and other eminent dignitaries.
- The 75th countdown day to IDY 2024 was organized at Wadia College Sports Ground, Pune. Shri Satyajit Paul, Deputy Director General, Ministry of Ayush; Smt. Vijayalakshmi Bharadwaj, Director, Ministry of Ayush; Shri Vishwas Mandalik, President, Yoga Vidya Gurukul, Yoga Bhawan, College Road, Nashik and other eminent dignitaries attended the event.
- The 50th countdown day to IDY 2024 was organized at the Police Parade Ground, Athwalines, Surat. Vaidya Rajesh Kotecha, Secretary, Ayush, inaugurated the event.
- The 25th countdown day to IDY 2024 was organized at the Magadh University, Bodh Gaya, Bihar.

## Prime Minister's Awards for Yoga

Ministry of Ayush (MoA) is hosting the Prime Minister's award for outstanding contribution towards the promotion and development of Yoga, on GoI's MyGov platform (<https://innovateindia.mygov.in/pm-yoga-awards-2024>). The award comprises of two national-level categories for entities of Indian origin and two international-level categories for entities of Indian or foreign origin. In this regard, the applicants/ nominees for these awards should have a rich experience and a deep understanding of Yoga. An application, complete in all respects, can be submitted by the applicant directly or they may be nominated by a prominent Yoga Organization, for consideration under this award process. An applicant can apply/can be nominated for only one award category that is either the national award or the international award, in a particular year. The nomination process began from 04.05.2024, with the last date for the submission of the entries being 30.06.2024.





The selection process is a well-defined process for which two committees are constituted by the Ministry of Ayush, namely the screening committee and the evaluation committee which will decide the selection and evaluation criteria for finalizing the recipients of the awards.

The winners will be felicitated with a trophy, a certificate, and a cash prize of INR 25 lakhs, which will be presented on the 10th International Day of Yoga. In the case of joint winners, the awards will be divided among the winners on 21<sup>st</sup> June, 2024.

## Yoga with Family

The 'Yoga with Family' Video Contest, will be organized by MoA and ICCR to raise awareness about Yoga and to inspire people to prepare for and become active participants in the observation of IDY 2024. The contest will support participation via the MyGov (<https://mygov.in>) platform of the Government of India (GoI) and will be open to participants from all over the world. Participants are encouraged to submit their 1-minute video in landscape format showing their family practicing Yoga, along with the name of the asana and a slogan, on their YouTube, Facebook, Instagram, or Twitter accounts. They should use country-specific hashtags to make the video public and downloadable via the MyGov platform of the Government of India (GoI). The competition is open to participants worldwide. The competition will have separate categories for specific countries and a global category, with attractive prizes for the best entry.

## Yoga Tech Challenge 2024

There has been a renewed interest in developing props, smart mats, AI driven applications for assessing stress and relaxation and wellness solutions around yoga and various other therapies of late. The Ministry of Ayush in collaboration with Startup India is organising the "YogaTech Challenge 2024" to identify and support innovators, startups, companies or individuals who have created products such as devices, software, and accessories related to yoga. These products are designed to monitor the delivery of treatment and the progress of outcomes over time, ultimately enhancing healthcare services and making yoga practice more convenient and comfortable.

The competition theme is divided into three categories: Devices/bio instruments, IT solutions (including software and platforms), and innovative props & accessories. A total of 30 teams will be chosen by the screening committee to pitch their innovations. Prizes will be awarded to the winners. One can visit Startup India platform or MyGov page for more information.



## Suggested Activities

### Yoga in Space

The celebration of yoga in space would stand as a testament to India's profound heritage, scientific prowess, soft power, and dedication to holistic well-being. Here are some actionable ideas to commemorate IDY-2024:

- 1) All the space agencies across the globe may perform Yoga with the sunrise at their respective space stations. With the movement of the sun, the Space Agencies would welcome/salute Sun through the celebration of Yoga. Though the world is divided by numerous ideologies, belief systems, this celebration would demonstrate how, every country celebrates this ancient wisdom of Yoga – thereby effectively echoing the message of Vasudaiva Kutumbakam- an integral aspect of Indian philosophy.
- 2) With India's prowess in science and technology, Indian scientists and organizations are renowned across the world. Numerous countries and organizations are already collaborating with Indian Space Research Organisation (ISRO), showcasing India's willingness to collaborate and share its expertise. The astronauts aboard International Space Station, assembled and maintained in the low Earth orbit by a collaboration of five space agencies may join us in the celebration of IDY-2024 by practicing some CYP asanas (if not the entire 45-minute protocol). This could further be incorporate into their routine and would showcase India's cultural influence on a global scale.
- 3) All astronauts associated with Space Exploration Projects or who have been to the International Space Station particularly the scientists of Indian origin, such as Ms. Sunita Williams, may be invited by their respective space agencies or through other formal channels to join us for the Yoga celebration this year.
- 4) Additionally, considering the potential benefits, of yoga, a Yoga Protocol may later be introduced in the Space travel training regimen.
- 5) Astronauts selected for the Gaganyaan Mission may practice the Common Yoga Protocol, inspiring the youth of the nation aspiring to be astronauts and scientists. Later, with the inclusion of Yoga Protocol in their regime, if any, we'll be able to examine the effects of Yoga in addition to their regular trainings with the Gaganyaan project's implementation.
- 6) Chandrayaan projects scientists may be at the forefront of the International Day of Yoga-2024 celebrations. This would not only emphasize India's expertise in space science but will also highlight women power of India as more than 100 women played a direct role in the Chandrayaan-3 mission at ISRO.
- 7) Retired scientists at various space centers across the globe, may be requested by their respective space agencies to participate in this mission of health and well-being.
- 8) Navigation satellites developed by ISRO such as 'Navik' and communication satellites have the potential to raise awareness about International Day of Yoga (IDY) in neighboring countries. With this, we can extend the reach of IDY initiatives beyond national borders through India's technology developed in space to promote the universal benefits of yoga to a wider audience. Additionally, Space data centers, such as those in Fiji and India, can be utilized to raise awareness and ultimately promote Yoga.





## Other Activities in Progress

- a. Series of lectures from Yoga Gurus, Researchers, Doctors, Promoters, VIPs, Ministers etc. around the benefits of Yoga.
- b. CYP training to ASHA workers in villages to expand the reach of IDY.
- c. Online training resources are available in different languages for the use of trainers for brushing up their CYP knowledge and updating their skill (details shared in this document, in Section B - What Is CYP).
- d. Re-orientation training programme for Yoga Instructors and physical education training to teachers of Youth Services and Sports Department, Leh-Ladakh.
- e. The partnership of Ministry of Youth Affairs and Sports (MYAS) (<https://yas.nic.in/>) with MoA for increasing CYP reach through Fit India Movement (FIM) (<https://fitindia.gov.in/>)—MYAS will work with MoA to launch a dedicated campaign making Yoga a part of the Fit India movement—joint participation certificates for the same will be provided by both YCB and FIM. Additionally, all YCB accredited centres will be made as Fit India Centres, and all Sports Authority of India (SAI) (<https://sportsauthorityofindia.nic.in/>) centres will also be made as Yoga training centres.
- f. Short films, Yoga anthem, and celebrity testimonials on the usefulness of Yoga, along with pan-India field level publicity campaigns will be coordinated by the BOC.
- g. Year-Long Yoga Calendar: The Ministry has collated the regular/ planned Yoga events offered by Leading Yoga Institutions and made this information available to the public on the Year Long Yoga Calendar page on the Yoga Portal (<https://yoga.ayush.gov.in/YAP/Home.php>) of the Ministry. You may access the Year Long Yoga Calendar here < <https://yoga.ayush.gov.in/YAP/Y-Calender/IDY-events?lang=en> >.
- h. Various Yoga organisations are working in collaboration with the Ministry to take the message of Yoga far and wide. The Ministry in collaboration of leading institutes have launched a 100-day series of activities which will culminate on 21<sup>st</sup> June 2024.
- i. MoA and the Central Council for Research in Yoga & Naturopathy (CCRYN) (<http://ccryn.gov.in/>) will lead the initiative to promote and raise awareness about “Yoga with Family/Yoga Tech Challenges-2024”.
- j. IT assets for Yoga in the form of-
  - Yoga Dictionary (<https://yoga.ayush.gov.in/YAP/GoogleSheet/dic?lang=en>)
  - Yoga Portal (<https://yoga.ayush.gov.in/YAP/Home.php>)
  - Namaste Yoga App (<https://play.google.com/store/apps/details?id=yogatracker.np.com.yogatracker>) are being offered to the public by the Ministry of Ayush.
  - Y-Break App (<https://play.google.com/store/apps/details?id=ybreak.ayush.gov.in>)
  - WHO-mYoga App ([https://play.google.com/store/apps/details?id=org.who.APPMYOGA&hl=en\\_IN&gl=US](https://play.google.com/store/apps/details?id=org.who.APPMYOGA&hl=en_IN&gl=US))

## D. How can you participate in the global IDY Movement?

**A**ny individual or organization can become an active stake-holder in the rewarding, and at the same time exciting, IDY movement. Citizens, Yoga Professionals, Central Ministries, State and UT Administrations, Government Departments, Yoga Organizations, Non-Government Organizations (NGOs), Private Companies, Public Sector Undertakings (PSUs), Schools, Colleges, Universities, Gram Panchayats, Municipal Corporations, Housing Societies, Civil Society Bodies etc. can all take up exciting stake-holding roles in the IDY observance.

MoA keenly looks forward to collaborating with you and facilitating your efforts.

The following are the suggested initiatives that can be taken up by different stakeholders on the IDY i.e., 21<sup>st</sup> June 2024, or in the run-up to the IDY:

### 1. Citizens

**Y**oga is an invaluable ancient Indian practice with numerous benefits to both physical and mental health. Given the context of the COVID-19 pandemic and its aftermath, the benefits offered by Yoga have become especially important for physical and mental well-being. Notably, its proven benefits for general health and immunity, as well as its globally recognized role as a stress reliever, are of significant importance. Citizens can also be actively involved in IDY through the following suggested activities:

- Joining thousands with others on IDY by doing the Common Yoga Protocol (CYP) performance on 21<sup>st</sup> June 2024 at 07:00 am. You may participate from a nearby location, use the national television broadcast of the live IDY celebration featuring CYP at 7:00 am, or follow any other appropriate CYP video for guidance (CYP links may be seen in Section F - Digital Resources for Yoga).
- If you are new to yoga, participating in this event will be a meaningful experience for you. However, you will need some advance training in CYP before IDY, i.e., well before June 21<sup>st</sup>. You can learn CYP from a qualified trainer or use digital resources. CYP training videos are available on MoA's Yoga Portal (<https://yoga.ayush.gov.in/YAP/Home.php>) and on MDNIY's website (<http://www.yogamdniy.nic.in/>). Additionally, they are available for free on the Ministry's and MDNIY's social media handles and platforms (links can be found in Section F - Digital Resources for Yoga). These videos will also be broadcast on TV and radio channels in the days leading up to IDY.
- You can also refer to YouTube videos (CYP links may be seen in Section F - Digital Resources for Yoga) on Common Yoga protocol available in various languages.

### 2. Yoga Professionals

**I**DY presents an occasion for all Professionals in the field of Yoga to come forward and spread the message about the rewards of regular practice of Yoga among the general public. Every individual can gain from the regular practice of Yoga through long term benefits in health, happiness and wellbeing. Yoga Professionals can play an important role in making IDY an effective national movement for health and wellness. Here are some suggested activities to reach out to the people and introduce them into the blissful world of Yoga:





- Yoga Professionals may take the lead in organizing CYP training programmes for the general public, including face-to-face training sessions. The programmes may be initiated as early as possible so that the public can learn CYP well in advance and is prepared by 21<sup>st</sup> June (CYP links may be seen in Section F - Digital Resources for Yoga).
- Efforts may be taken to organize other Yoga-related activities such as online lectures, workshops etc. by Yoga experts, to motivate people to participate in IDY. These may be scheduled to commence at least 3 weeks ahead of IDY 2024.
- Innovative efforts may be made to familiarize the general public with Common Yoga Protocol.
- Organizing online training programs of 15-day duration (one hour per day) on CYP and motivating friends and acquaintances for maximum participation in the same is recommended.
- Yoga Professionals may disseminate information about free IDY resources (links may be seen in Section F - Digital Resources for Yoga), IDY-activities, and Common Yoga Protocol through their social media accounts tagging the Ministry.
- Yoga Professionals can participate in engaging activities like the video contest, and send nominations for PM Yoga Awards (<https://innovateindia.mygov.in/pm-yoga-awards-2024>), being organized by MoA on the MyGov platform (<https://www.mygov.in/>).

### 3. Central Ministries/Departments and State/UT Administrations

IDY presents an occasion for all the Central Ministries and their Departments, as well as State and UT Administrations to come forward and spread the message about benefits from the regular practice of Yoga like long term gains 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:

- Issuance of internal guidelines within the Organization/offices giving the background of the observation of International Day of Yoga (IDY2024).
- Use of social media platforms to spread the 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 Smt. Vijayalakshmi Bharadwaj, Director, Yoga and Naturopathy Cell, Ministry of Ayush (email: [vijayalakshmi.bharadwaj40@gov.in](mailto:vijayalakshmi.bharadwaj40@gov.in) or 011-24651658).
- Display the 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 website.
- Familiarize 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 be widely publicized among the public and all 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.
- Organize Yoga-related activities such as online lectures, workshops etc. by Yoga experts, starting at least 3 weeks prior to IDY 2024.
- Distribute Yoga attire, Yoga mats, and other Yoga related goodies having the logo of IDY 2024, to their staff, and encouraging everyone to practice and adopt Yoga.
- Encourage employees and staff to participate in IDY competitions organized by MoA on MyGov platform (<https://www.mygov.in/>) such as PM Yoga awards (<https://innovateindia.mygov.in/pm-yoga-awards-2024>) etc.
- Organize CYP workshops in association with NGOs involving Yoga experts.
- Central Ministries may plan long term activities related to Yoga, so that the impact of IDY-related mobilization goes on well beyond 21<sup>st</sup> June 2024.

## 4. Yoga Organizations and NGOs

**Y**oga Organizations and NGOs driven by their commitment and passion, can play an important role in making IDY an effective national movement for health and wellness. Here are some suggested activities to reach out to the people and induct them into the blissful world of Yoga:

- Issuing internal guidelines within the Organization/offices giving the background of the observation of the 10<sup>th</sup> International Day of Yoga (IDY-2024). This may be displayed prominently on their websites.
- Use of social media platforms to spread the 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). The Ministry would be happy to share creatives and other inputs in this regard, for which your point of contact would be Smt. Vijayalakshmi Bharadwaj, Director, Yoga and Naturopathy Cell, Ministry of Ayush (email: [vijayalakshmi.bharadwaj40@gov.in](mailto:vijayalakshmi.bharadwaj40@gov.in) or 011-24651658).
- Displaying the IDY logo on your website and uploading guidelines for IDY observance and a list of digital resources (available in Section F) on your website.
- Familiarizing the employee/staff with Common Yoga Protocol (CYP). Organizing 15-day online training programmes (one hour per day) on CYP and ensuring maximum participation in the same.
- Circulating related material along with attached links to the digital resources (available in Section F), to all employees and partners so that they can be further shared externally to raise awareness.
- Organizing Yoga-related activities such as online lectures, workshops etc. by Yoga experts, starting at least 3 weeks ahead of IDY 2024.
- Distributing Yoga attire, Yoga mats, and other Yoga related goodies having the logo of IDY 2024, to their staff, and encouraging everyone to practice and adopt Yoga.
- Publishing Yoga and IDY-specific articles in Organizations/NGOs' official e-newsletter, bulletin, magazine etc.
- Encouraging employees and staff to participate in IDY competitions organized by MoA on MyGov platform (<https://www.mygov.in/>) such as PM Yoga awards (<https://innovateindia.mygov.in/pm-yoga-awards-2024>) etc.





## 5. Private Companies and PSUs

**I**DY provides an opportunity for all the private companies and PSUs to come forward and spread the message about the rewards of regular practice of Yoga among their employees and the public. Here are some suggested activities to reach out to all the employees/staff and introduce them to the practice of Yoga:

- Issue internal guidelines within the Organization/offices giving the background of the observation of International Day of Yoga (IDY 2024). This may be displayed prominently on their websites.
- Use of social media platforms to spread the 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). 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 Smt. Vijayalakshmi Bharadwaj, Director, Yoga and Naturopathy Cell, Ministry of Ayush (email: vijayalakshmi.bharadwaj40@gov.in or 011-24651658).
- Display IDY logo on your website and upload guidelines for IDY observance and a list of digital resources (available in Section F) on your website.
- Introduce the employee/staff with Common Yoga Protocol (CYP). Organizing 15-day online training programmes (one hour per day) on CYP and ensure maximum participation in the same (CYP links may be seen in Section F - Digital Resources for Yoga).
- Circulate relevant 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.
- Organize Yoga-related activities such as online lectures, workshops etc. by Yoga experts, starting 3 weeks ahead of IDY 2024.
- Distribute Yoga attire, Yoga mats, and other Yoga related goodies having the logo of IDY 2024, to their staff, and encouraging everyone to practice and adopt Yoga.
- Publish Yoga and IDY-specific articles in Private Companies and PSUs official e-newsletter, bulletin, magazine etc.
- Encourage employees and staff to participate in IDY competitions organized by MoA on MyGov platform (<https://www.mygov.in/>) such as PM Yoga awards (<https://innovateindia.mygov.in/pm-yoga-awards-2024>) etc.
- Some online competitions on Yoga-theme may also be organized to create interest among the volunteers/ employees/public, especially among the younger generation like quiz, essays etc.

## 6. Schools, Colleges, and Universities

**I**DY presents an occasion for all the Universities & their affiliated Colleges along with all the schools to come forward and spread the message about the rewards of a regular practice of Yoga among their students, employees, and staff. Here are some activities suggested to engage students, employees, and staff to introduce them to the practice of Yoga:

- Issue internal guidelines within the Organization/offices giving the background of the observation of International Day of Yoga (IDY 2024). This may be displayed prominently on their websites.
- Use of social media platforms to spread the 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). These inputs 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 Smt. Vijayalakshmi Bharadwaj, Director, Yoga and Naturopathy Cell, Ministry of Ayush (email:

vijayalakshmi.bharadwaj40@gov.in or 011-24651658).

- Display the IDY logo on your website and upload guidelines for IDY observance and a list of digital resources (available in Section F) on your website.
- Introduce the employee/staff with Common Yoga Protocol (CYP). Organizing 15-day online training programmes (one hour per day) on CYP and ensuring maximum participation in the same.
- Circulate relevant 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.
- Organize Yoga-related activities such as online lectures, workshops etc. by Yoga experts, starting 3 weeks ahead of IDY 2024.
- Distribute Yoga attire, Yoga mats, and other Yoga related goodies having the logo of IDY 2024, to their staff, and encourage everyone to practice and adopt Yoga.
- Publish Yoga and IDY-specific articles in Schools/Colleges/Universities' official e-newsletter, bulletin, magazine etc.
- Encourage employees and staff to participate in IDY competitions organized by MoA on MyGov platform (<https://www.mygov.in/>) such as, PM Yoga awards (<https://innovateindia.mygov.in/pm-yoga-awards-2024>) etc.
- Organize CYP workshops in association with NGOs involving Yoga experts.
- Some online competitions on Yoga-theme may also be organized to create interest among the students/teachers/employees, especially among the younger generation like quiz, essays etc.
- Depending on the local circumstances, people may be encouraged to participate in IDY 2024.

## 7. Gram Panchayats, Municipal Corporations, Housing Societies, and Other Civil Society Bodies

**I**DY provides an opportunity for Gram Panchayats, Municipal Corporations, Housing Societies, and other Civil Society Bodies to promote the benefits of regular yoga practice among citizens and residents. Here are some suggested activities to engage citizens/residents and introduce them to the enriching practice of Yoga:

- Introduce the Common Yoga Protocol (CYP) to citizens/residents. Organize 15-day online training programmes (one hour per day) on CYP and ensure maximum participation in the same.
- Distribute relevant material along with attached links to the digital resources (available in Section F), to all the citizens/residents (through WhatsApp groups), so that they can be further be shared to raise awareness
- Organize Yoga-related activities such as online lectures, workshops etc. by Yoga experts, starting 3 weeks ahead of IDY 2024.
- Encouraging citizens/residents to participate in IDY competitions organized by MoA on MyGov platform (<https://www.mygov.in/>) such as PM Yoga awards (<https://innovateindia.mygov.in/pm-yoga-awards-2024>) etc.
- Organize CYP workshops in association with NGOs involving Yoga experts.
- Depending on the local circumstances, people may be encouraged to participate in IDY 2024.



## E. Auxiliary Initiatives

### Surya Namaskar

Morarji Desai National Institute of Yoga (MDNIY), Ministry of Ayush organised Mass Surya Namaskar demonstration campaign from January 1 to 14, 2024, commemorating the Sun's journey from the Southern to the Northern Hemisphere and culminating on the auspicious occasion of 'Makar Sankranti'. The series of events was organised at the Iconic Sun Temples across India.

Gujarat State Yog Board organized the first massive event on 1<sup>st</sup> January, 2024, setting a Guinness World Record with over 50,000 people performing 'Surya Namaskar' simultaneously at 108 venues. This achievement not only reflects the collective effort and commitment of the participants but also highlights the significance of promoting ancient Yogic practices like Surya Namaskar. Hon'ble Prime Minister's acknowledgment further emphasized the cultural and health benefits associated with practices like Surya Namaskar.

Surya Namaskar is a spiritual practice that engages asana, pranayama, and meditation techniques. Each step of Surya Namaskar has its own mantra and has a direct vitalizing effect on the vital energy (prana) of the body. Regular practice of Surya Namaskar leads to a balanced energy system at both mental and physical domains. The sequence not only stimulates muscles and organs but also enhances concentration and mental calmness. Surya Namaskar comprises 8 asanas performed in 12 steps with coordination of body and mind. This is preferably done in the early morning (sunrise).

The programme was covered by Doordarshan and also streamed through various social media platforms of the Ministry of Ayush and MDNIY.

### Celebration of Republic Day-2024

On the occasion of 75th Republic Day Celebrations 2024, Yoga Teachers/Instructors from various states of India witnessed the Republic Day parade at Kartavya Path as special invitees. After joining Republic Day event all the special invitees had an interaction session with Union Minister of Ayush at his residence. The Yoga teachers/instructors associated with AHWC's are indispensable part of the wellness drive through Yoga in the primary health care sector of Ayush.

Government of India had invited 291 Yoga Teachers/Instructors along with their family members for their remarkable contribution in providing primary health care through Yoga at grass root level across the nation. These teachers/instructors work with the AHWCs (Ayush Health and Wellness Centres) active under the supervision of Ministry of Ayush. The Yoga teachers/instructors associated with AHWC's are the indispensable part of the wellness drive through Yoga in the primary health care sector of Ayush. Government of India has recognized the efforts of these grass root contributors of Yoga and gracefully hosted them on 75th Republic Day event in New Delhi.

### 100 Days, 100 Cities, and 100 Organizations

A campaign of 100 days, 100 cities, and 100 organizations was organized by Morarji Desai National Institute of Yoga under the Ministry of Ayush from 13th March 2024 to 21<sup>st</sup> June 2024 across the globe regarding the celebration of 10th IDY-2024. The campaign aimed to promote and disseminate knowledge and practice of Yoga among the people, at the national level, for the improvement of their health and well-being.



## F. Digital Resources for Yoga

### 1. CYP Videos (Hindi, English and 21 Regional Languages)

S. No.	IDY Videos – Common Yoga Protocol	YouTube Video Links
1.	Common Yoga Protocol – HINDI	<a href="https://www.youtube.com/watch?v=wgiZ_LyNLRw">https://www.youtube.com/watch?v=wgiZ_LyNLRw</a>
2.	Common Yoga Protocol- ENGLISH	<a href="https://www.youtube.com/watch?v=K-GJh9GeOxE">https://www.youtube.com/watch?v=K-GJh9GeOxE</a>
3.	Common Yoga Protocol- Manipuri	<a href="https://www.youtube.com/watch?v=iOGza5C9YhI">https://www.youtube.com/watch?v=iOGza5C9YhI</a>
4.	Common Yoga Protocol-Kannada	<a href="https://www.youtube.com/watch?v=k5W4sR7Ercs">https://www.youtube.com/watch?v=k5W4sR7Ercs</a>
5.	Common Yoga Protocol- Sanskrit	<a href="https://www.youtube.com/watch?v=KYDVngTkslo">https://www.youtube.com/watch?v=KYDVngTkslo</a>
6.	Common Yoga Protocol-Marathi	<a href="https://www.youtube.com/watch?v=JNvyqnIOYTY">https://www.youtube.com/watch?v=JNvyqnIOYTY</a>
7.	Common Yoga Protocol- Malayalam	<a href="https://www.youtube.com/watch?v=ijJQAw-_XO8">https://www.youtube.com/watch?v=ijJQAw-_XO8</a>
8.	Common Yoga Protocol-Bengali	<a href="https://www.youtube.com/watch?v=oUIZzBbXz_U">https://www.youtube.com/watch?v=oUIZzBbXz_U</a>
9.	Common Yoga Protocol- Kashmiri	<a href="https://www.youtube.com/watch?v=06h8PrIon3Y">https://www.youtube.com/watch?v=06h8PrIon3Y</a>
10.	Common Yoga Protocol-Tamil	<a href="https://youtu.be/x_d3Ay7iy3c?si=h00xHn-YbfpNIqec">https://youtu.be/x_d3Ay7iy3c?si=h00xHn-YbfpNIqec</a>
11.	Common Yoga Protocol-Urdu	<a href="https://www.youtube.com/watch?v=PWwp4KDQRwQ">https://www.youtube.com/watch?v=PWwp4KDQRwQ</a>
12.	Common Yoga Protocol-Telugu	<a href="https://www.youtube.com/watch?v=hKUqsrAXC34">https://www.youtube.com/watch?v=hKUqsrAXC34</a>
13.	Common Yoga Protocol-Assamese	<a href="https://www.youtube.com/watch?v=PEkxjWdNUU0">https://www.youtube.com/watch?v=PEkxjWdNUU0</a>
14.	Common Yoga Protocol-Punjabi	<a href="https://www.youtube.com/watch?v=LK4ZoeTKOdY">https://www.youtube.com/watch?v=LK4ZoeTKOdY</a>
15.	Common Yoga Protocol-Oriya	<a href="https://www.youtube.com/watch?v=sqEHmSMCgt4">https://www.youtube.com/watch?v=sqEHmSMCgt4</a>
16.	Common Yoga Protocol-Gujarati	<a href="https://www.youtube.com/watch?v=0Bsb01XaCfc">https://www.youtube.com/watch?v=0Bsb01XaCfc</a>
17.	Common Yoga Protocol-Nepali	<a href="https://youtu.be/PmyzIgT09I?si=1uCLPOywInQEURw5">https://youtu.be/PmyzIgT09I?si=1uCLPOywInQEURw5</a>
18.	Common Yoga Protocol-Sindhi	<a href="https://youtu.be/csXsJKj8hNk?si=Q0GmdQ9Bjyir2Qqj">https://youtu.be/csXsJKj8hNk?si=Q0GmdQ9Bjyir2Qqj</a>



19	Common Yoga Protocol-Santali	<a href="https://youtu.be/ZhEQ2NDSuM0?si=AucXJysm1L7pamDX">https://youtu.be/ZhEQ2NDSuM0?si=AucXJysm1L7pamDX</a>
20	Common Yoga Protocol-Konkani	<a href="https://youtu.be/OXPJSP-7rHk?si=QHH9rjoTBQBv6t4P">https://youtu.be/OXPJSP-7rHk?si=QHH9rjoTBQBv6t4P</a>
21	Common Yoga Protocol-Dogri	<a href="https://youtu.be/i-FZNmoD6FU?si=N7P5f3TT-DdrKeP4">https://youtu.be/i-FZNmoD6FU?si=N7P5f3TT-DdrKeP4</a>
22	Common Yoga Protocol-Bodo	<a href="https://youtu.be/rPkNbhCW1Mc?si=j3eD1SoNRfHJAe4f">https://youtu.be/rPkNbhCW1Mc?si=j3eD1SoNRfHJAe4f</a>
23	Common Yoga Protocol-Maithili	<a href="https://youtu.be/WGD43Us5awM?si=rgmfa1I7Giw3vSFL">https://youtu.be/WGD43Us5awM?si=rgmfa1I7Giw3vSFL</a>





## 2. Links of MoA and MDNIY Websites, Social Media Platforms, and Institutions

S. No.	Ministry of Ayush/Institutes	Website Links
1.	Ministry of Ayush Website	<a href="https://main.ayush.gov.in/">https://main.ayush.gov.in/</a>
2.	Yoga Portal – Ministry of Ayush	<a href="https://yoga.ayush.gov.in/yoga/">https://yoga.ayush.gov.in/yoga/</a>
3.	Ministry of Ayush – YouTube Channel	<a href="https://www.youtube.com/channel/UCqRR2gs-I3zrNcE4so4TpgQ">https://www.youtube.com/channel/UCqRR2gs-I3zrNcE4so4TpgQ</a>
4.	Ministry of Ayush – Facebook Page	<a href="https://www.facebook.com/moayush/">https://www.facebook.com/moayush/</a>
5.	Ministry of Ayush – Twitter	<a href="https://twitter.com/moayush">https://twitter.com/moayush</a>
6.	Ministry of Ayush – Instagram	<a href="https://www.instagram.com/ministryofayush/?hl=en">https://www.instagram.com/ministryofayush/?hl=en</a>
7.	Morarji Desai National Institute of Yoga (MDNIY)	<a href="http://www.yogamdniy.nic.in/">http://www.yogamdniy.nic.in/</a>
8.	MDNIY-YouTube	<a href="https://www.youtube.com/@DirectorMdniy">https://www.youtube.com/@DirectorMdniy</a>
9.	MDNY-Facebook	<a href="https://www.facebook.com/mdniyayush">https://www.facebook.com/mdniyayush</a>
10.	MDNIY- Instagram	<a href="https://www.instagram.com/mdniy_yoga?igsh=MnZ1cjhwbmZvb3Nw">https://www.instagram.com/mdniy_yoga?igsh=MnZ1cjhwbmZvb3Nw</a>
11.	MDNIY- Twitter	<a href="https://x.com/mdniy?t=Gq5SesyHmcZqBJi-JtZaBQ&amp;s=08">https://x.com/mdniy?t=Gq5SesyHmcZqBJi-JtZaBQ&amp;s=08</a>
12.	Central Council for Research in Yoga & Naturopathy (CCRYN)	<a href="http://ccryn.gov.in/">http://ccryn.gov.in/</a>
13.	National Institute of Naturopathy (NIN), Pune	<a href="http://punenin.org/index.htm">http://punenin.org/index.htm</a>

## 3. IDY Infographics and Creatives

**A** consolidated drive has been created where various infographics and creatives are being uploaded regularly. These can be used by the IDY organizers for event publicity on their respective websites and social media platforms.



## G. WHO - mYoga App

**M**DNIY as a WHO Collaborative Centre in Traditional Medicine (Yoga) prepared a mobile platform (mYoga) App on “Yoga Protocol for General Wellness” that offers Yoga learning modules and practice sessions for a global audience. The mYoga app was launched by Hon’ble Prime Minister of India on International Day of Yoga 2021, i.e., 21<sup>st</sup> June, 2021 which is available on Google Play Store and App Store.

## H. Yoga Break (Y-Break)

**Y**-Break or Yoga Break is a 5 -minute exercise designed for the workplace to help professionals to de-stress, refresh and re- focus. It consists of a few light practices that can be done by taking a 5 minutes break from work.

Y- Break 'Yoga Break at Workplace' Yoga protocol was devised with an aim to get De-stressed, Re-freshed and Re-focused to enhance immunity at the work place by practicing selected Yoga practices for short duration to accrue the benefits as projected from Yoga practice for a longer duration.

The revised Y-Break app now containing four modules viz.

1. Yoga at Workplace.
2. Yoga at Chair.
3. Yoga for Workaholic 1.
4. Yoga for Workaholic 2.

**The protocol comprises few simple Yogic practices as follows:**

- Tadasana-Urdhva Hastottanasana
- Skandhachakra-Uttanamandukasana
- Ardha Chakrasana-Prasarita Padottanasana
- Kati Chakrasana
- Deep Breathing - Nadishodhana Pranayama
- Bhramari Pranayama & Dhyana

## I. Namaste-Yoga App

**N**amaste Yoga App is a one stop health solution that enables people to access yoga related information, Yoga centres, events and trainers at their fingertips. The app provides a platform for Yoga centers and trainers to promote themselves. Certified trainers can register themselves and their business address on the app that is geo tagged to the location. This enables people to find yoga centers or classes near to their place.



## J. Tracking Participation in IDY 2024

**T**o capitalize on the health-giving potential of Yoga, the Ministry intends to track participation numbers of IDY 2024. These will provide valuable inputs to plan public health interventions based on Yoga.

Dedicated internal Google forms or offline templates can be utilized internally to collect the participation data for IDY 2024. The Google form/offline template can include basic fields like Serial Number, Name of the Event Organizer, Location, Number of People/Families Participated, Contact Details of the SPoC/Nodal Officer (Name, Designation, Phone Number, and E-mail Address required).

A Single Point of Contact (SPoC)/nodal officer can be nominated to fill in the participation data for the entire organizing body, ensure that there is no duplication in the data submissions, and subsequently share it with MoA. It is requested that the updated proforma or data should be forwarded to MoA by 22/06/24. The Ministry would be pleased to extend technical support as required by the Event Organizers. By providing such details, you will be contributing to planning and implementing future public health initiatives centered around Yoga.

S. No.	Name Of the Organizing Body	Location	Number Of Individuals Participated (IDY Observance)	Contact Details (Name, Designation, Phone Number, And E-mail Address of The SPoC)





## K. Appendices (Appendix 1: UN Resolution on IDY)

Resolution adopted by the General Assembly on 11 December 2014 [without reference to a Main Committee (A/69/L.17 and Add.1)] 69/131. International Day of Yoga

The General Assembly,

Recalling its resolutions 66/2 of 19 September 2011 on the Political Declaration of the High-level Meeting of the General Assembly on the Prevention and Control of Non-communicable Diseases and 68/98 of 11 December 2013 on global health and foreign policy,

Reaffirming General Assembly resolutions 53/199 of 15 December 1998 and 61/185 of 20 December 2006 on the proclamation of international years, and Economic and Social Council resolution 1980/67 of 25 July 1980 on international years and anniversaries,

Noting the importance of individuals and populations making healthier choices and following lifestyle patterns that foster good health,

Underscoring the fact that global health is a long-term development objective that requires closer international cooperation through the exchange of best practices aimed at building better individual lifestyles devoid of excesses of all kinds,

Recognizing that Yoga provides a holistic approach to health and well-being, recognizing also that wider dissemination of information about the benefits of practicing Yoga would be beneficial for the health of the world population,

1. Decides to proclaim 21 June as the International Day of Yoga;
2. Invites all Member and observer States, the Organizations of the United Nations system, and other international and regional Organizations, as well as civil Society, including non-governmental Organizations and individuals, to observe the International Day of Yoga, in an appropriate manner and in accordance with national priorities, in order to raise awareness of the benefits of practicing Yoga;
3. Stresses that the cost of all activities that may arise from the implementation of the present resolution should be met from voluntary contributions;
4. Requests the Secretary-General to bring the present resolution to the attention of all Member and observer States and the Organizations of the United Nations system.

The PDF version of this resolution is available on UN's webpage on IDY and can easily be download from here <http://undocs.org/A/RES/69/131>



## Appendix 2: DoPT Y Break O.M.

F.No. 11012/2/2014-Welfare  
Government of India  
Ministry of Personnel, Public Grievances and Pensions  
Department of Personnel and Training  
Welfare Division

Room No.385, 3<sup>rd</sup> Floor  
Lok Nayak Bhawan, Khan Market, New Delhi  
Dated 02<sup>nd</sup> September, 2021

### OFFICE MEMORANDUM

**Subject :Introduction of short duration protocol Yoga break (Y-Break) for people at work place -regarding**

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Ministry of AYUSH informed that they have designed & developed Five Minutes duration Yoga Protocol, named Y-Break for work place by an Expert Committee in the year 2019 and the module was launched in January, 2020 on Pilot Project basis in 6 major Metro cities (Delhi, Mumbai, Chennai, Bangaluru, Hyderabad and Kolkata) with the help of various stakeholders. Feedback of the same was very encouraging.

2. Consequent to above success, Ministry of Ayush developed an android based application Y Break and the same was made available recently in Google Play Store for access by public. A campaign was launched to spread awareness of the same to provide access & usage of Y-Break Protocol/App among people at work places with a view to refresh, de-stress and refocuses them with enhanced efficiency and productivity at workplaces.

3. In order to spread awareness about access & usage of Y-Break Protocol/App among workforce for all sectors (Public/Private), all Ministries/Departments of Government of India are requested to promote the usage of Y-Break Protocol among the employees and accordingly issue necessary directions/guidelines for all employees including employees of attached and subordinate offices to download the android based application namely Y-Break from Google Play Store.

*(Signature)*  
2-9-21

(VanitaSood)  
Deputy Secretary & Chief Welfare Officer

To  
All Ministries/Departments (Through DoPT's website.)







सत्यमेव जयते

**Ministry of Ayush**

Government of India

 [www.ayush.gov.in](http://www.ayush.gov.in)