

No.11012/02/2019-C&W
Government of India
Ministry of Road Transport &Highways
(C&W Section)
Transport Bhawan, 1, Parliament Street, New Delhi-110001

Dated: 10th June 2020

CIRCULAR

Sub: Celebration of International Day of Yoga(IDY) - 2020 by MoRTH

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 the IDA is to remind the people across the globe about the benefits of Yoga and to build enduring public interest by highlighting its importance and contribution to public health.

2. This year, 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.
3. Therefore, this year, the Ministry of AYUSH (MoA), Government of India is encouraging people to learn about Yoga from the safety of their homes through the various resources made available online, promote the practice of Yoga by employees 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.
4. Ministry of AYUSH has issued guidelines providing steps that can be undertaken to promote IDA 2020 and encourage people to do Yoga from Home, **especially at 7 AM on the 21st June 2020**. A copy of the same is attached as **Annexure-I**.
5. MoRTH is undertaking following activities:
 - a. Request the social media channels and employees to follow Ministry of AYUSH social media accounts for latest updated and information for the Yoga Portal, along with our social media channels on Facebook, Instagram, Twitter and Youtube.
 - b. Uploading Yoga@Home guidelines and a list of digital resources of website (**Annexure-II**).
 - c. Closer to the 21st of June significant increase in messaging on social media

and internal circulation in e-office to promote employees to do Yoga from their home with their families.

d. It is of utmost importance that the concept of Yoga@Home is highlighted. However, due to COVID-19 we have to avoid any miscommunication/misunderstanding which may lead to the violation of leading Govt advisories on the management of the pandemic- especially mass gatherings, social distancing norms, and use of basic protective measures such as mask and sanitizers.

6. This year, for active participation of all the officers / staff of MoRTH, following activities are being organized:

- i. An online Essay competition on the topic - "Yoga-Fight with Corona" with prize money (1st -Rs. 3000/-, 2nd -Rs. 2500/-, 3rd -Rs 2000/- and consolation -Rs 1500/-) for the contestants and honorarium of Rs 2000/- for evaluation of papers(as given last year). The length of the Essay must be between 300-500 words and it could be either in Hindi or English. The last date for online submission of essay is 17.06.2020 5.30PM.
- ii. Since Ministry has its own twitter account, all the officers / staff are requested to send a draft tweet. The best tweet could be used to tweet through the MoRTH account. For the selected tweet a prize money of Rs. 2000/- will be given. The Last date for the competition by which the draft tweet material will be accepted is 17.06.2020 5.30PM.
- iii. Ministry has its Youtube account. All the officers / staff are requested to send a video doing Yoga with their family. The 2-3 best videos would be selected and will be uploaded in the Youtube account of MoRTH. Last entry of the video would be accepted till 10.00am on 21.06.2010.
- iv. Ministry also has its facebook page and Instagram account. All the officers / staff are requested to send one photograph doing Yoga with their family. Photographs of selected participants would be uploaded on facebook and instagram account of MoRTH. Last entry of the photograph would be accepted till 10.00am on 21.06.2010.

It may kindly be noted that all the material may kindly be sent within stipulated time limit to the following mail id-ushighwaysmorth@gmail.com and shushma.bhawna@gmail.com. Late entries would not be accepted.

(Uttam Prakash)
Under Secretary(C&W)

To:

(i) All officers / staff of MoRTH

(ii) NIC with the request to kindly upload the Circular on MoRTH website and eoffice.

Signature Not Verified

Digitally signed by UTTAM
PRAKASH
Date: 2020.06.10 15:09:16 IST





सत्यमेव जयते

वैद्य राजेश कोटेचा
Vaidya Rajesh Kotecha

O/o Secretary, MoRTH
Diary No. 1394739
Date 05/06/2020

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.

Secy NS

Contd...2/-

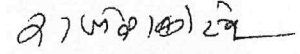
pl. Plt. Up immediately
DSC (Genl) 05/06/20
DSC (Genl)

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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 practice of India with multiple physical and mental health benefits. The Covid 19 crisis and the consequent restrictions on movement of people and slowing down of economic activity have led the entire world into difficult times. In this scenario, the rewards of Yoga are very relevant. Of particular importance are (i) its proven positive impact on general health and immunity enhancement, and (ii) its globally accepted role as a stress reliever.

While mass performance of Common Yoga Protocol (CYP) will remain at the heart of the observation of IDY this year also (as in previous years), this will be done in a non-congregative way, in the respective homes of participants. You and your family can join thousands of others by doing the 45- minute long CYP drill at 7.00 AM on 21st June 2020 at home. 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 differences, with a training sessions. (Individuals facing health issues are advised to consult a physician before taking up Yoga practice).

To make the observation of IDY at home feasible, the Ministry of AYUSH and other stake-holders have been running multiple training programmes on Yoga and CYP. These programmes are being intensified, and daily online sessions on Common Yoga Protocol will be streamed on the Ministry's Social Media Platforms as well as partnering TV Channels. You may watch the Ministry's social media handles for details. Announcement on specific activities for 21st June 2020 will also be made on these channels. Various reputed Yoga institutions will also be imparting online training lessons in CYP in the coming days. Please use these resources and prepare yourself and your family in advance for IDY-2020.

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

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.



Vikram Singh
Director

भारत सरकार
आयुर्वेद, योग व प्राकृतिक चिकित्सा
यूनानी, सिद्ध एवं होम्योपैथी (आयुष) मंत्रालय
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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.

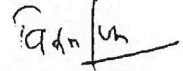
We keenly look forward to your support which has always been an important stakeholder in taking the IDY forward in a significant way. To that end we are sharing with you detailed guidelines which can be implemented by your esteemed Ministry/ Department to support the MoA in this endeavour. More communications 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.

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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

भारत सरकार, आयुष मंत्रालय, अंतर्गत १२३ बिल्डिंग-२३
AYUSH Bhawan, B-Block, GPO 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
- 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
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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.