



TECNIA INSTITUTE OF ADVANCED STUDIES

NAAC ACCREDITED GRADE "A" INSTITUTE

Approved by AICTE, Ministry of HRD, Govt. of India, Affiliated to G.G.S.I.P. University & Recognized Under Sec. 2(f) of UGC Act 1956.

INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085



Donate Blood
Save Life



Health Camps



Tree Plantation



Festival of Yoga and Wellbeing

TIAS NATIONAL SERVICE SCHEME (NSS) CELL

SELF-FINANCING UNIT* - I

Celebrating

International Day of Yoga



❖ Quiz Competition

❖ Slogan Competition

Yoga for Harmony & Peace

India's Premier ISO 9001:2015 & 14001:2015 Certified Institute: Rated as "A++" Category Best Business School by latest AIMA- Business Standard & Business India Publications Surveys & Included in Top 100 B-Schools & IT-Schools by Dalal Street Investment Journal.



TECNIA INSTITUTE OF ADVANCED STUDIES

NAAC ACCREDITED GRADE "A" INSTITUTE

Approved by AICTE, Ministry of HRD, Govt. of India, Affiliated to G.G.S.I.P. University & Recognized Under Sec. 2(f) of UGC Act 1956.



Donate Blood
Save Life



Beti Bachao
Beti Padhao

INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085

TIAS NATIONAL SERVICE SCHEME (NSS) CELL

SELF-FINANCING UNIT* - I



Health
Camps



Tree
Plantation

Ref No : 2019-20/NSS-Sports/001

17-06-2019

NOTICE

Subject: Celebration of International Day of Yoga "Festival of Yoga and Wellbeing" on 21st June, 2019- (Friday) At 09.00 AM

Reference: With ref. to D. O.No.M-16011/15/2019-Y&N (Pt.) from NSS Program Coordinator, Nodal Officer (SBSI-2018) Prof. BVR Reddy; nsscell@ipu.ac.in; email dated Jun 13, 2019, 11:13 AM ;Prof. B.V.R. Reddy, NSS Program Coordinator, Nodal Officer (SBSI-2018), Professor in University School of Information, Communication & Technology, Chairperson, Centralized Career Guidance & Placement Cell, E-209, E-Block, GGSIP University Main Campus, Sector - 16C, Dwarka, New Delhi-110078; Contact Details:: 011-25302703 (O); 9810909414 (M); Notification for Celebration of International Day of Yoga on 21st June, 2019- (Delhi)-Reg.; Institute is required to comply the same in its letter and spirit;

In light of above, Institute is Celebrating International Day of Yoga on 21st June, 2019- (Delhi)- in multipurpose hall, 9:00 AM to 11:00 AM; All the faculty staff and students of MBA, MCA, BBA & BA (J&MC) are required to be made available for the same;

Further all are hereby informed NSS is organizing a Programme "Slogan Competition" for celebrating "Festival of Yoga and Wellbeing" on 21.06.2019 (Friday) at 09.00 AM. The venue for the same is Multipurpose Hall. All HoDs are requested to provide at least 10 students for participating in the event.

Convener: Action taken Brief report along with photographs; (The Photograph should be in the JPEG format. Photograph should not be more than 2 MB nor less than 1 MB) Short Videos, Paper Clippings etc. as soon as the Programme is over.


17/6/19

Dr. Shambhoo Sharan Gupta
Sports In-charge

Copy to:

1. Director
2. Registrar
3. IQAC NSS, S/W,
4. HoD MBA, MCA, BBA, BA (J&MC)
5. ITC for Website hosting

F. No.P-31/IDY/NSS/RDD/2019-20/181-189
Government of India
Ministry of Youth Affairs & Sports
Regional Directorate of NSS
15/11, Jamnagar House,
New Delhi – 110011.

Dated: 03. June, 2019

To,

The State NSS Officer, (SNO),
Directorate of Education,
Physical Education Branch,
Delhi Administration, Chhatarsal Stadium,
Model Town, New Delhi-110009.

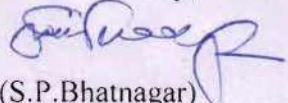
Sub: - Celebration of International Day of Yoga on 21st June, 2019-Reg.

With reference to the subject cited above kindly refer D.O. No. M-16011/15/2019-Y&N (Pt.I) dated 30th May, 2019 of Secretary, Government of India, Ministry of Ayurveda, Ayush, to All Secretaries to the Government of India along with suggested activities for "**Festival of Yoga and wellbeing**" which is self explanatory. You are requested to kindly instruct to all the NSS programme coordinators/NSS functionaries under your jurisdiction to observe the International Day of Yoga on 21st June, 2019 as per the action plan enclosed herewith.

You are also requested the action taken report on prescribed format (**enclosed**) along with the action photographs of the yoga activities undertaken should be submitted to this office of the undersigned on or before 24th June, 2019 for onward submission to the Ministry/Directorate.

Encls: As above

Yours faithfully,


(S.P.Bhatnagar)
Regional Director

Copy to:

1. All NSS Programme Coordinators of Delhi State for your kind information and further necessary action

sd -
Regional Director

NATIONAL SERVICE SCHEME
International Day of Yoga, 21st June-2019

Sl. No.	Name of the Regional Directorate	Name of State	Total No. of Universities / (+2 Council Participated)	Total No. of Colleges / Schools Participated	Total No. of Units/ SFUs	Total No. of NSS Volunteers Participated	Total No. of Local Youth/others Participated	Total Number of Participations
1								
2								
3								
4								
5								
6								
Total								



सत्यमेव जयते

वैद्य राजेश कोटेचा
Vaidya Rajesh Kotecha



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.No. M-16011/15/2019-Y&N(Pt. I)

Dated: 30th May, 2019

Dear Secretary,

We are just a few weeks away from the International Day of Yoga (IDY)-2019, which falls on 21st June, 2019. I am writing to seek your valuable support in this national effort. The Ministry of AYUSH has been mandated with the task of promoting Yoga among people from all walks of life because of its health promotive potential.

2. Based on meeting of Committee of Secretaries (CoS) held in Cabinet Secretariat on 16.05.2019 and the various suggestions given by Yoga Institutes in the Inter-Ministerial Meeting organized by Ministry of AYUSH on 13.05.2019, it was decided to start a daylong event along with Mass Yoga Demonstrations based on the Common Yoga Protocol (CYP) on 21.06.2019 from 7:00 AM to 8:00 AM on the occasion of IDY called "**Festival of Yoga and Wellbeing**". This "Festival" will make IDY a more inclusive event. A concept note on the "Festival", which incorporates suggested action points, is enclosed for your perusal.

3. The Government's aim is to make Yoga an integral part of the citizens' lifestyle and thereby secure a healthy life for all. This Ministry feels that the "Festival of Yoga and Wellbeing" is an important step in this direction. I therefore request your whole-hearted support to celebrate this "Festival" on 21.06.2019. I would be grateful if urgent steps are caused in this direction, considering that we have very limited time ahead of IDY -2019.

With regards,

Encl. As above

Yours sincerely

(Rajesh Kotecha)

To,

All Secretaries to the Government of India

Festival of Yoga and Wellbeing 2019
[On the occasion of International Day of Yoga,2019]

At present the centre-piece of the IDY observation is the standardised Mass Yoga Demonstration drill. This is held uniformly in thousands of venues across the country at 7.00 AM on 21st June every year, and the demonstrations are based on the common Yoga Protocol (CYP). However, in order to make IDY a more inclusive event, it is decided to have a “Festival of Yoga and Wellbeing” on the Day, and to spread the activities across the entire day, as part of the “Festival”.

2. While there is no doubt that Mass Yoga Demonstrations based on CYP is the best way to tap the public-health potential of the IDY event, the additional activities in a “festival” mode will appeal more to those who are yet to be initiated into yoga, and inspire them to learn about yoga. This will make the entire IDY observation more flexible and more inclusive.
3. **Suggested Activities for the festival:** The focus of the “festival” can be activities other than Mass Yoga Demonstrations, so that the space requirement is reduced. Consequently, such events can be held in covered venues like auditoriums, where a large number of people can participate, thus minimising the possibility of disruptions by rain. An atmosphere of festivity can be created using elements of song, drama etc. It may be noted that the “festival” activities are expected to be scheduled after the early morning activity based on CYP is over. A list of suggested activities for the “Festival” is given at Annexure I.
4. **Timings of Festival Activities:** Such events can be scheduled at any time during the day on 21st June, after the conclusion of the CYP based activities in the morning. This would give flexibility to accommodate the convenience of the wider audience including senior citizens and the less-abled.
5. **The target audience:** The target audience can be those segments of population which have not yet become regular practitioners of Yoga.
6. **Objectives:** An effort can be made to use these activities to attract the youth and children to Yoga. The contemporariness of yoga and its health benefits can be projected. Role of Yoga in education sector can be explored through these festivals by targeting children and young people.
7. **Yoga at work place:** Avenues of Yoga in work place can be explored of conducting this day- long festival in most of the organizations (Govt., PSUs and Private firms) on Voluntary basis. Aspects of increase in employee productivity,

decrease in stress and anxiety in the work place, improved employee health and wellbeing, etc. through Yoga can be highlighted in the festival.

8. By organizing "Festival of Yoga and Wellbeing" role of Yoga in the health care sector can be highlighted by show-casing the positive effects of Yoga in promotion of health and prevention of certain diseases. Various studies have already shown positive effects of Yoga in managing stress-related disorders, respiratory allergies, anxiety neurosis, diabetes, coronary heart disease, and rehabilitation of disabled.

9. The Ministry of AYUSH seeks the support and involvement of all stakeholders for the "Festival of Yoga and Wellbeing", and to take it up on June 21, 2019 in their respective centres/ spheres of activity in a befitting manner, and to strive to ensure maximum participation in the same.

Suggested activities for “Festival of Yoga and Wellbeing”

The following activities can be organized as a part of “Festival of Yoga and Wellbeing” in addition to Common Yoga Protocol:-

- I. Various competitions with focus on highlighting the potential health benefits of adopting Yoga in day-to-day lifestyle can be conducted across various venues. The competitions can be:
 - a) Slogan Competition.
 - b) Article Writing Competition.
 - c) Poster making Competition.
 - d) Quiz Competition.
 - e) Music and group dance Competitions on Yoga theme.
- II. Yoga themed songs can be played in the event venues.
- III. Various cultural events can be conducted.
- IV. “Flash mob” in prime locations like historical monuments, malls, airports etc. can be organised.
- V. Lectures, workshops and various other education programmes on the health benefits of Yoga can be delivered through media.

SECRET

F.No. S-11012/15/2019- YN

**Government of India
Ministry of AYUSH**


AYUSH Bhavan, B-Block
GPO Complex, INA Market,
New Delhi-110023
Dated 14th May, 2019

Subject: Celebration of International Day of Yoga - 2019

The undersigned is directed to refer to the Cabinet Secretariat's Note No. 271/2/1/2019-CA.V dated 14th May, 2019 conveying that the Cabinet Secretary will hold a meeting of Committee of Secretaries (CoS) on 16th May, 2019 at 11:00 am in the Committee Room of Cabinet Secretariat, Rashtrapati Bhavan, New Delhi to review the preparations of International Day of Yoga - 2019.

2. The Note for CoS on the subject is enclosed herewith.

Encl: As above



(P.N.Ranjit Kumar)
Joint Secretary
Tel: 2465 1938

To,

1. Secretary, Ministry of AYUSH
2. Home Secretary, Ministry of Home Affairs
3. Defence Secretary, Ministry of Defence
4. Foreign Secretary, Ministry of External Affairs
5. Secretary, Department of Health & Family Welfare
6. Secretary, Department of Rural Development
7. Secretary, Ministry of Tourism
8. Secretary, Ministry of Culture
9. Secretary, Ministry of Information & Broadcasting
10. Secretary, Department of Youth Affairs
11. Secretary, Department of Sports
12. Secretary, Department of Higher Education
13. Secretary, Department of School Education & Literacy
14. Secretary, Ministry of Panchayat Raj

Special invite:

Dr.H.R.Nagendra, Chancellor, SwamiVivekananda Yoga AnusandhanSansthan, No. 19, Eknath Bhavan, Gavipuram Circle , Kempe Gowda Nagar, Bengaluru- 560019

Copy to :

Prinicpal Secretary to Prime Minister



(P.N.Ranjit Kumar)
Joint Secretary

SECRET

Copy No.____

F.No. M-16011/15/2019-YN

**Ministry of Ayurveda, Yoga, Naturopathy, Unani, Siddha and
Homeopathy (AYUSH)**

New Delhi, the May, 2019

NOTE FOR THE COMMITTEE OF SECRETARIES (CoS)

Subject: Celebration of International Day of Yoga -2019.

1. INTRODUCTION

This Note for the CoS is a proposal for seeking the support of all stake-holding Ministries and Departments of Central Government for coordinated action to observe the International Day of Yoga (IDY) on 21st June, 2019, in accordance with national priorities, in order to secure long term gains from the activity in terms of improvements in public health indicators. Further, considering the immense and well-documented rewards of yoga for holistic health and well-being of the population, it is also proposed that all the stake-holding Ministries and Departments, and other institutions, make the observation of IDY an activity in their annual calendar in future, and make provision for the required resources for the same.

SECRET

Page 1 of 26

F.No. M-16011/15/2019-YN

**Ministry of Ayurveda, Yoga, Naturopathy, Unani, Siddha and
Homeopathy (AYUSH)**

2. BACKGROUND

2.1 At the behest of the Hon'ble Prime Minister of India and recognizing the universal appeal of Yoga, on 11th December 2014, the United Nations proclaimed 21st June as International Day of Yoga. A copy of the relevant resolution which was adopted by the General Assembly is attached as **Appendix I** to this note. The first IDY was observed on 21st June 2015, and over the last four years, IDY has evolved into a world-wide movement for health & wellness.

2.2 Yoga is often described as health assurance in zero budget, thanks to the wide-ranging health benefits that it offers. Yoga is beneficial for everyone, be it children, youth, parents or senior citizens. In fact, yoga's potential to address the public health challenges of the country – and thereby to contribute to socio-economic progress – still remains largely unrealized. Hence IDY is an event of significance for the entire nation. In the spirit of the UN resolution, the Government of India has been encouraging all individuals and institutions - including educational institutions, government bodies, business firms, industries and cultural organisations – to join IDY for the benefit of their employees, members or other stake-holders.

2.3 **The Common Yoga Protocol (CYP):** The thrust of the IDY observation on 21st June is on harmonious mass yoga demonstrations in which millions of people participate, at thousands of venues. To ensure

F.No. M-16011/15/2019-YN

**Ministry of Ayurveda, Yoga, Naturopathy, Unani, Siddha and
Homeopathy (AYUSH)**

that the yoga demonstration of such large groups take place in a harmonious fashion, some of the most accomplished yoga gurus of India came together and developed the Common Yoga Protocol (CYP). This is essentially a specified sequence of Yoga Asanas of 45 minutes' duration. CYP has been designed keeping people of different age-groups and of varied walks of life in mind, and can be learned in about 15 sessions of one-hour duration each. It is also expected that those who get trained in CYP are likely to develop a taste and attitude for yoga, and hence may pursue it in the long term. Free video and e-book giving details of CYP are available for free download from the Ministry of AYUSH website.

2.4 The Government strives to use the occasion of IDY for a wide dissemination of information about the benefits of practicing yoga, and to inculcate the practice of yoga in the citizens. Holding harmonious mass yoga demonstrations based on CYP in a large number of locations across the country on 21st June 2019 would be the main course of action to achieve this objective. Through coordinated efforts of Ministries, Departments, State governments and other stake-holding institutions, IDY events have been held in thousands of venues across the country during the last four IDYs. There is a need to persist with such activities for IDY 2019, and also to significantly enhance their scope and intensity.

F.No. M-16011/15/2019-YN

Ministry of Ayurveda, Yoga, Naturopathy, Unani, Siddha and
Homeopathy (AYUSH)

3. PREPARATORY ACTIVITIES FOR IDY 2019 UNDERTAKEN BY
MINISTRY OF AYUSH:

3.1 Country-wide mobilization

3.1.1 The Ministry initiated country-wide mobilization for taking up appropriate and specific activities for observation of IDY through a series of communications to identified stake-holding organisations from the Hon'ble Minister, Secretary (AYUSH) and other functionaries. Through these communications, the different Central Ministries and Departments, State Governments, Gram Pradhans (of about 2.5 lakh villages), Yoga institutions, Educational Institutions, Chambers of Commerce, Municipal Bodies etc. were addressed. All these stake-holding agencies were sensitized on IDY and were provided with suggested lists of activities, customized to the nature of the agency.

3.1.2 A series of yoga events have been organized starting with the International Yoga Conference in November 2018, in the run-up to IDY 2019. A list of such events is given at **Appendix II**.

3.1.3 The Ministry has drawn up a comprehensive media plan covering print, electronic and outdoor publicity options and will start implementing the same from 20 May 2019 (i.e., after completion of the Lok Sabha election). The highlights of the publicity initiatives of the Ministry are

F.No. M-16011/15/2019-YN

**Ministry of Ayurveda, Yoga, Naturopathy, Unani, Siddha and
Homeopathy (AYUSH)**

listed at **Appendix III**. Against the demand of Rs. 80 crore provision for IEC Scheme, the Ministry was allotted only Rs. 52.60 crore for FY 2019-20 which includes a provision of Rs. 26 crore for IDY 2019. This has placed severe limitations on enhancing the visibility and impact of IDY 2019, which is a flagship out-reach programme of the Government. As the scope of activities is being widened, the Ministry is moving a demand for additional budget provision of Rs. 20 crores for IDY 2019.

3.2 Review meetings: A series of meetings with Nodal Officers nominated by various Ministries/Departments of Government of India have been held to ensure that there is cohesion among all the activities organized by different agencies. Two such meetings were held on 25th March, 2019 and 9th April, 2019 respectively. Further, the meeting of an Inter-Ministerial Committee on IDY chaired by Secretary (AYUSH) was held on 13th May, 2019.

3.3 Count-down to IDY: Starting from 13th March 2019 the Ministry launched a 100 day count-down campaign to IDY- 2019. News paper advertisements and yoga events in different parts of the country will mark 27 May 2019 and 11 June 2019, which will be the mile stones that will mark 25 days and 10 days respectively to the IDY. The count- down also incorporates a sustained campaign through social media platforms. The newly re-vamped and interactive IDY Portal of the Ministry is also

F.No. M-16011/15/2019-YN

**Ministry of Ayurveda, Yoga, Naturopathy, Unani, Siddha and
Homeopathy (AYUSH)**

being used to good effect to provide relevant and accurate information to the public. The media plan for IDY 2019 has been drawn up keeping the count-down campaign in mind, and the activities will intensify as we draw closer to 21st June 2019.

3.4 National event on 21st June 2019

Preparations for the National event will be initiated as soon as the decision of the venue for the same is conveyed to this Ministry.

3.5 Prime Minister's Yoga Awards

One of the highlights of IDY observation in India is the announcement of the Prime Minister's Yoga Awards. The awards are being given away each year for exemplary contribution in the field of Yoga towards the development and promotion of Yoga. There are four awards falling under two categories, subject to the decision of the Evaluation Committee. The four awards are:

- Prime Minister's award for Outstanding Contribution towards Promotion and Development of Yoga at National Level (2 Nos), and
- Prime Minister's award for Outstanding Contribution towards Promotion and Development of Yoga at International Level (2 Nos)

The Ministry is in the process of receiving nominations/ applications for the same, and these are being processed in accordance with the laid down procedure.

F.No. M-16011/15/2019-YN

Ministry of Ayurveda, Yoga, Naturopathy, Unani, Siddha and
Homeopathy (AYUSH)

4. NEW INITIATIVES

The Ministry proposes to launch three campaigns as part of IDY-2019:-

a) **Promotion of eco-friendly Yoga Accessories-** Instances have come to the notice that the market is pervaded with manufacture and supply of PVC mats and other plastic based accessories related to the activities of the Yoga. This may be due to cheaper cost of the material, but usage of such products is not desirable from the angle of global environment as PVC and synthetic based materials are hazardous and non-perishable. Hence, it is imperative to take initiatives at all levels to encourage manufacture, supply and usage of eco-friendly Yoga products. A concept note on the need for raising public awareness about eco-friendly Yoga accessories is given at **Appendix IV**.

b) **Festival of well-being on the occasion of IDY-2019-**Since, the morning drill of Yoga demonstration on the occasion of IDY poses some challenges viz., the threat of rains, absence of sufficient number of covered venues, difficulties faced by senior citizens and the less abled due to early morning scheduling of the main event of IDY, it is felt that additional activities can be encouraged on 21st June to make the IDY observation more inclusive.

F.No. M-16011/15/2019-YN

**Ministry of Ayurveda, Yoga, Naturopathy, Unani, Siddha and
Homeopathy (AYUSH)**

Such activities can be packed as a one-day celebration called "Festival of Well-being" to be held on the occasion of IDY. A concept note on the same is given at **Appendix V**.

- c) **"Year-long Yoga Programme"**- "Year-long Yoga" is envisaged as a calendar of major yoga events, to be held over a one year period starting from 21 June, every year to re-cast IDY into a year-long cycle of events dedicated to yoga. This will include a few events of the Ministry, events organized by reputed yoga institutions and events organized by other Stake-holding institutions (e.g. Trade bodies, Ministries like Tourism, HRD etc.). The "Year-long yoga" programme will also strive to ensure that there is at least one major yoga event in the country, every month. A concept note on the same is given at **Appendix VI**.

**5. PROPOSED ACTIVITIES FROM STAKE-HOLDING
MINISTRIES/ DEPARTMENTS**

Most of the stake-holding Ministries and Departments have participated actively in previous IDYs in 2015, 2016, 2017 and 2018 and over time have evolved appropriate drills and processes for observing the Yoga Day. They are requested to carry out these activities with enhanced scope and wider participation in IDY 2019 through coordinated planning, training and rehearsals.

F.No. M-16011/15/2019-YN

Ministry of Ayurveda, Yoga, Naturopathy, Unani, Siddha and
Homeopathy (AYUSH)

Participation of Government Servants in these activities will not only have a positive demonstration effect (Government Servants being opinion leaders in their respective communities), but will also secure long-term benefits for them in terms of health, well-being and productivity. An indicative list of activities which the different Ministries and Departments can consider taking up is given at **Appendix VII**.

6. APPROVAL PARAGRAPH

Approval of the CoS is sought for:

- (i) Instructing all stake-holding Ministries / Departments of the Government of India to take up activities for observing IDY - 2019 in an appropriate way, and to consider taking up as many activities as possible from the Indicative List of Activities (Appendix VII)
- (ii) Underlining the significance of the Common Yoga Protocol (CYP) as a standardized procedure securing the benefits of yoga to the maximum number of people
- (iii) Advising all Ministries/ Departments that regular practice of yoga will enhance the well-being and productivity of Government Servants, and hence various avenues like staff welfare programmes and in-service training programmes may be utilised to popularize it among them.

SECRET

Copy No. ___

F.No. M-16011/15/2019-YN

**Ministry of Ayurveda, Yoga, Naturopathy, Unani,
Siddha and Homeopathy (AYUSH)**

- (iv) Advice all Ministries and Departments to make the observation of IDY an activity in their annual calendar, and
- (v) to make appropriate provision for the required resources for the same as part of the annual Budgetary exercise.
- (vi) New-Initiatives given at parah 4.

7. APPROVAL OF THE SECRETARY-IN-CHARGE

This CoS Note has been approved by Secretary (AYUSH).



(P. N. Ranjit Kumar)
Joint Secretary to the Govt. of India
Tel. No. :24651938



General Assembly

Distr.: General
9 January 2015Sixty-ninth session
Agenda item 124

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 practising yoga would be beneficial for the health of the world population,

1. *Decides* to proclaim 21 June 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 practising 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.

69th plenary meeting
11 December 2014

14-67019 (E)

Please recycle 

Activities undertaken by the Ministry of AYUSH in the run up to IDY-2019

S. No.	Event	Date/Timeline	Remarks
01	International Conference on Yoga for Public Health at Goa Kala Academy, Panaji	12-13 November, 2018	-Leading Yoga and Modern medicine experts, both from India and abroad shared their views. -Nearly 800 people participated -Evidence based Yoga applications have been discussed.
02	Training to the Para-Military forces and Delhi Police through MDNIY	On-going Activity	-It is 4 months duration & on invitation. -So far around 1385 people have been trained including Delhi Police. -They are also sensitized about IDY.
03	International Yoga Fest and national Seminar in Delhi through MDNIY	Last week of May or 1 st week of June	-A Curtain Raiser to IDY 2019. -Will organize a day Seminar on "Art and Science of Common Yoga Protocol (CYP) for Wellness" on 2 nd May, 2019 to mark 50 th Day countdown for IDY-2019.
04	Health Editors Conference	June Every year	-Eminent experts of Yoga and Modern medicine shared their views on Scientific aspects of Yoga. -Both Electronic & Print Media are invited to sensitize about IDY.
05	Printing of Common Yoga Protocol (CYP) Booklets & DVDs	May Every year	-Printing of CYP Booklets (H&E) and DVDs (H&E) for IDY-2019 through MDNIY
06	CYHP classes at 10 important parks of Delhi	May-June Every year	-Organizes by MDNIY and CCRYN to sensitize people about IDY
07	Common Yoga Protocol classes	Every Saturday	-IDY Common Yoga Protocol classes are being conducted every Saturday at MDNIY throughout the year.
08	Outreach activities through ArogyaMelas	Throughout the year	-Publicity, promotion and outreach activity -Sensitization about benefits of Yoga and IDY. -Nearly 40 such events across the country every year.
09	Social Media	Throughout the year	-Promote IDY through Social Media Platforms viz. Facebook, Youtube, Twitter, Instagram, Whatsapp etc.
10	Yoga Camps through MDNIY	May-June Every year	-More than 200 Yoga Camps are being conducted in Delhi and NCR by MDNIY students on CYP.
11	Deputation of Yoga Experts through MDNIY	June Every year	-Depute 150 Yoga experts and instructors in about 70 Ministries/Departments in Delhi by MDNIY to sensitize about IDY.
12	YogaLocator		-Mobile technology based application namely YogaLocator for public mobilization.
13	Hiring of LED Screen through CCRYN	June	Hiring of LED Screen at Delhi, Mumbai and the city where IDY will be organized.
14	Yoga and Naturopathy Wellness Centres	Throughout the year	-Total 6 centres were established in different Govt. Hospitals/Institutions by CCRYN wherein Yoga Therapy is being provided to the visitors.

Appendix-III

Estimated Expenditure to be incurred for 5th IDY 2019 Publicity Activities

S. No.	Activities	Estimated Budget Rs. (in Crore)
1	Print Media Publicity through Bureau of Outreach and Communication(BOC)	3.00
2	Electronic Media Publicity through BOC	4.00 + 11.00
3	Outdoor Publicity through BOC	4.00
4	Boarding Pass for flights Publicity through BOC	0.35
5	Electronic Media Publicity through Doordarshan	5.92
6	Publicity through All India Radio	2.50
7	Department of Post	0.35
8	IDY Main event	8.00
9	Financial assistance to MDNIY	6.00
10	Financial assistance to CCRYN	1.50
11	Yoga Awards	1.00
12	Procurement of T-shirt for IDY-2019	2.05
13	IDY Delhi Event	0.50
	Total	40.67

CONCEPT NOTENeed for raising public awareness about eco-friendly Yoga accessories

1. With the rapidly growing popularity of Yoga, there is also an increase in demand for yoga products such as yoga mats, yoga blocks and other accessories. As per available information, most of such products currently available in the market are PVC-based, and are not very easy to recycle. Consequently, at the end of their life-cycle, they end up in landfills and also, polluting the ocean. This causes major environmental issues. These PVC-based products are also reported to add to air pollution, as these materials are flammable products and produce toxic fumes.
2. PVC is popular for yoga mats because it's cheap and effective. To make the vinyl pliable for practice, it is treated with phthalates, lead and cadmium. Phthalates are used not just in yoga mats, but also in many other yoga products, including blocks, rollers, wedges, etc. Some reports indicate large-scale presence of cheap varieties of such products in Indian markets often imported from other countries and hence of unverifiable quality.
3. The other concern is that exposure of Indian public to such yoga mat compounds and to all the other products with contaminants pose a risk to health.
4. Yogic lifestyle is all about living consciously and sustainably. Ideally, all practitioners of yoga would be keen to adopt sustainable and eco-friendly life-styles also. With the growing popularity of yoga and the growing number of yogis worldwide, the world would become more eco-conscious and an increasing number of people would contribute towards a greener and cleaner environment.
5. Reports indicate that many of the yoga practitioners are not aware of the harmful effects of the commonly available yoga mats and props. Thus, there is a pressing need to create more awareness about the harmful effects of PVC and synthetics used for yoga related products. Lack of awareness about this challenge is adding to the growing menace of PVC pollution in the world of yoga. Yoga practitioners will happily make the switch to a PVC-free mat/product if they are made aware of its harmful effects. Government bodies, yoga institutions and yoga teachers are all potential influencers who can help to create more awareness about the same.
6. It is requested that stakeholders and others who are concerned with promoting yoga may also be informed about the need to use yoga products made from juts, cork, rubber and other eco-friendly methods to ensure sustainability.

CONCEPT NOTE**Festival of Well-being 2019**
[On the occasion of International Day of Yoga,2019]

In an attempt to broad-base the observation of the International Day of Yoga (IDY), the Ministry of AYUSH proposes to celebrate a "Festival of Well-being" on the occasion of IDY-2019, as an additional activity.

2. At present the centre-piece of the IDY observation is the standardised Mass Yoga Demonstration drill. This is held uniformly in thousands of venues across the country at 7.00 AM on 21st June every year, and the demonstrations are based on the common Yoga Protocol (CYP). While organisations and individuals are free to organise any yoga-based activity on IDY, so far it is only the CYP-based Mass Yoga Demonstration that has gained traction as a mass activity, and this early morning drill is now considered synonymous with IDY observation by the general public.

3. Meanwhile, inputs have been received from some stake-holders that this morning drill of Yoga demonstrations poses some challenges like:

- a) **The threat of rains:** By the 21st of June every year, nearly 80% of the country comes under the influence of the SW Monsoon. This makes it difficult not just to hold mass yoga demonstration on 21st June, but also to hold yoga training classes preparatory to IDY in the weeks prior to IDY.
- b) **Absence of sufficient number of covered venues:** Yoga training and Yoga demonstration require considerable space. It is estimated that the space requirement per person is 3 sq. meters. With the country being under the influence of the monsoon rains in late June, no town, city or village has enough covered venues to hold such mass yoga demonstrations as that takes place on 21st June, and hence the event is generally celebrated in parks and grounds. Very often this monsoon rains disrupt the IDY activities.
- c) **Difficulties faced by senior citizens and the less abled:** It has also been reported that the early morning scheduling (07.00 AM) and the standardised CYP pose challenges to senior citizens and people with fitness issues. Hence, it has been requested to encourage more flexibility in the timing and content of the IDY observation.

4. The aforesaid issues have been considered in the Ministry of AYUSH, and it is seen that challenges of rain- interruption and the problems faced by the less-abled on account of the early morning scheduling of the main event of IDY are genuine. While there is no doubt that Mass Yoga Demonstrations based on CYP is the best way to tap the public-health potential of the IDY event, it is felt that additional activities can be encouraged on 21st June to make the IDY observation more inclusive. Such activities can be packed as a one-day celebration called "Festival of Well-being" to be held on the occasion of IDY. The following can be the features of the Festival:

- a) The focus can be activities other than Mass Yoga Demonstrations, so that the space requirement is reduced. Consequently, such events can be held in covered venues like auditoriums, where a large number of people can participate as audience, thus minimising the possibility of disruptions by rain.
- b) Such events can be scheduled at any time during the day on 21st June. This would give flexibility to accommodate the convenience of the wider audience including senior citizens and the less-abled.
- c) The target audience can be those segments which have not yet become regular practitioners of Yoga.
- d) An atmosphere of festivity can be created using elements of song, drama etc.
- e) An effort can be made to use these activities to attract the youth and children to Yoga. The contemporariness of yoga and its health benefits can be projected.

5. The Ministry of AYUSH seeks the support and involvement of all stakeholders to launch the "Festival of Well-being" on June 21, 2019 in their respective centres/ spheres of activity in a befitting manner, and to strive to ensure maximum participation in the same.

CONCEPT NOTE

Year-long Yoga – A Calendar of Yoga events endorsed by the Ministry of AYUSH

In 2018, the Ministry had strategized to build upon the brand of IDY to re-cast it into an year-long cycle of events dedicated to yoga, of which June 21st is the starting point. This is a long term goal which will take a few years to accomplish. However, considerable progress has already been made, with land-mark events and related activities held since June, 2018, in different parts of the country. The effort will continue in the coming years, and the Ministry plans to package this as a specific programme called "Year-long Yoga"

2. "Year-long Yoga" is envisaged as a calendar of major yoga events, to be held over a one year period starting from 21 June, every year. This will include a few events of the Ministry, events organized by reputed yoga institutions and events organized by other Stake-holding institutions (e.g. Trade bodies, Ministries like Tourism, HRD etc.).

3. The set of criteria for selection of events to be part of the "Year-long yoga" programme would include:

- i) It should be a big event with minimum, anticipated participation of 5000 people.
- ii) There should be a substantial component of free yoga training to the public in the event.
- iii) The event should be aligned to the goals and objective of the Ministry of AYUSH.

- iv) The organizers should be reputed yoga institutions (NGOs registered on *Darpan Portal*) or government institutions.

[A full set of selection criteria will be developed by the Ministry of AYUSH]

4. "Year-long yoga" programme will strive to ensure that there is at least one major yoga event in the country, every month. It will also increase the visibility of the event selected for the "Year-long Yoga" calendar.

x x x

International Day of Yoga – 2019

A. Suggested common list of activities for all Central Ministries/
Departments

IDY-2019 presents an occasion for all the Central Ministries and their Departments to come forward and spread the message about the rewards of regular practice of yoga among their staff and the public. Every individual stands to gain from the regular practice of yoga through long term benefits in health, happiness and wellbeing. Central Ministries and their Departments can play an important role in making IDY an effective national movement for health and wellness.

The following are some suggested activities to reach out to various stake-holders of the sector of which the Ministry/ Department has oversight (including all the employees/staff) and induct them into the blissful world of yoga:

- Central Ministries are requested to issue internal guidelines within their organization/offices giving the background of the observation of International Day of Yoga (IDY)-2019.
- It also suggested that similar guidelines may be issued to stake-holding institutions of the concerned sectors of the Ministry (eg. Industry associations, NGOs, Grantee institutions, cultural organizations, industrial houses, network institutions, PSUs, autonomous bodies etc).
- Efforts may be taken to organize Yoga related activities such as lectures, workshops etc. by Yoga experts, starting 30 days ahead of IDY. This would help in building up enthusiasm as we draw closer to 21st June, 2019.
- The Ministry/ Department/ Organization may provide in their website, a link to the IDY portal of the Ministry of AYUSH. They may also adopt/ share posts from the Facebook and Twitter accounts of Ministry of AYUSH.
- Since the focus of IDY would be on group yoga demonstrations based on Common Yoga Protocol (CYP), efforts may be made to familiarize the employee/staff with CYP. Organising of training programmes of 15 day duration (one hour per day) on CYP and

ensuring maximum participation in the same is recommended. This may be conveyed to all stake-holding institutions.

- The Common Yoga Protocol is to be performed in groups on 21st June, 2019 from 7:00 A.M. to 7:45 A.M. followed by any suitable and customized 15-minute programme on Yoga. Thus, the IDY event would be of one hour duration.
- Central Ministries may strive to distribute Yoga attire, Yoga Mats, Caps etc. duly having the logo of IDY to their staff and encourage everyone to practice and adopt Yoga.
- Some competitions on Yoga-theme may also be organized to create interest among the employees, especially among the younger generation. This can include Yoga (CYP) demonstrations, essay writing, elocution, painting etc.
- Central Ministries and related institutions may arrange a live screening of Doordarshan's national telecast related to International day of Yoga on 21st June, 2019, to foster the sense of participation in the nation-wide yoga movement.
- ✓ Banners/ Cut outs on IDY - 2019 may be displayed at vantage points.
- Central Ministries can display Yoga Charts and standees inside their offices starting 30 days prior to IDY, and also use the same to give updates on preparations for IDY.
- If the Central Ministry is having any official newsletter, bulletin or magazine, articles and related matter about Yoga may be published.
- Illuminating the building appropriately at least one week before 21st June 2019 would add to the sense of importance of the event.
- Central Ministries may encourage the employees to participate in quiz and other competitions being organized by Ministry of AYUSH.
- ✓ Organise Yoga camps 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 21st June, 2019.
- Creating long-term assets like Yoga Halls, Yoga Parks etc. can be considered.

**B. Suggested list of activities specific to certain Ministries and
Departments**

S. No.	Ministry/ Department	Suggested action
01	Ministry of Home Affairs	<ul style="list-style-type: none"> - CYP based Yoga training to the Police & Para-Military personnel: Trainers and Master Trainers, starting at least one month ahead of IDY-2019. - Possibility of involving family members and public (in an outreach mode) in CYP training through trainers of CAPFs, starting about one month prior to IDY 2019. - Mass Yoga demonstration on IDY – 2019 in as many locations as possible. - Providing link to the IDY Portal from the Organisation website.
02	Ministry of Defence	<ul style="list-style-type: none"> - Yoga training to the Armed Forces personnel: Trainers and Master Trainers. - CYP training to as many Forces personnel (and families) starting at least one month prior to IDY-2019. - Mass Yoga Demonstrations in as many locations as possible on 21st June, 2019. - Yoga Training to the NCC cadets. - Incorporating Yoga component at the Induction training programme. - Mass Yoga demonstration on IDY – 2019. - Conducting Mass Yoga Demonstration at Rajpath every year. - Providing link to the IDY Portal from the Organisation website
03	Ministry of External Affairs	<ul style="list-style-type: none"> - Coordination with other countries/ Overseas institutions. - Deputing of Yoga Teachers outside the country. - Yoga related programmes at High Commissions/ Consulates. - Mass Yoga demonstration on IDY – 2019. - Providing link to the IDY Portal from the Organisation website.
04	Ministry of Health & Family Welfare	<ul style="list-style-type: none"> - Plan to involve the 1.5 lakh H&WCs in staging IDY activities in their respective localities/ communities, culminating in Mass Yoga

		<p>Demonstrations on 21st June, 2019.</p> <ul style="list-style-type: none"> - Providing link to the IDY Portal of the Ministry of AYUSH from the Ministry's website. - Initiating Yoga in Physiotherapy course. - Setting up of Yoga Therapy Departments in Govt. Hospitals. - Incorporating Yoga (basic introduction) in the medical course.
05	Department of Rural Development	<ul style="list-style-type: none"> - Efforts may be made to create Yoga facilities at Gram Panchayat level - Providing link to the IDY Portal from the Organisation website
06	Ministry of Tourism	<ul style="list-style-type: none"> - Yoga Ambassadors' Tour in potential states, wherein participants visit a series of Yoga related sites/ locations and perform CYP. - Linking tourists to the Yoga Centres/ Institutes. - Display of IDY/ Yoga related banners/ standees etc. on tourist places and tourism hotels. - Arrange to distribute Yoga related literature in tourism places and hotels. - Providing link to the IDY Portal from the Organisation website. - Countdown/ Run-up programmes from 21st May, 2019 (i.e. one month to IDY) at landmark tourist sites.
07	Ministry of Culture	<ul style="list-style-type: none"> - Mobilising institutions like Sangeet Natak Academy, Sahitya Academy, Zonal Cultural Centres etc. to take up the role of "influencers" to promote IDY, and stage events starting 21st May, 2019. - Conducting cultural fests on the theme of Yoga. - Providing link to the IDY Portal from the Organisation website.
08	Ministry of Information & Broadcasting	<ul style="list-style-type: none"> - Conducting various programmes related to Yoga in Doordarshan & All India Radio. - Advisories to private radio and TV channels to air programmes with motivational content in the run-up to IDY-2019. - Providing link to the IDY Portal from the Organisation website.
09	Department of Youth Affairs	<ul style="list-style-type: none"> - Yoga training camps at village, block, district and state levels focussing on CYP to NSS candidates and NYKS volunteers, starting 21st May, 2019 (one month prior to IDY-2019).

		<ul style="list-style-type: none"> - Mass Yoga Demonstration on IDY – 2019. - Providing link to the IDY Portal from the Organisation website.
10	Department of Sports	<ul style="list-style-type: none"> - Yoga training on CYP in all the stadia and regional centres starting 21st May, 2019. - Incorporating Yoga in all the Sports Training Institutes. - Activate SAI, LNIPE, NSU and all similar institutions to promote IDY-2019 with maximum possible extent of public participation. - Mass Yoga Demonstration in all stadia on IDY – 2019, and preparation for the same starting at least one month prior to IDY-2019. - Providing link to the IDY Portal from the Organisation website.
11	Department of Higher Education	<ul style="list-style-type: none"> - Encouraging students to take part in various competitions (organised by Ministry of AYUSH/ Self). - Mass Yoga Demonstration in all the Colleges/ Universities. - Opening new Departments of Yoga in Universities - Providing link to the IDY Portal from the Organisation website.
12	Department of School Education	<ul style="list-style-type: none"> - Yoga Olympiad through NCERT. - Encouraging students to take part in various competitions (organised by Ministry of AYUSH/ Self). - Mass Yoga Demonstration in all the schools. - Providing link to the IDY Portal from the Organisation website.
13	Ministry of Panchayat Raj	<ul style="list-style-type: none"> - Imparting Yoga Training to the members of Self-Help Groups, in large numbers. - Mobilisation of Gram Panchayats (GPS) to start CYP based training on a large scale one month ahead of IDY. - Providing link to the IDY Portal from the Organisation website.

Ministries/Departments that have not been called to attend the meeting of Committee of Secretaries on 16th May, 2019.

i.	Ministry of Statistics and Programme Implementation	<ul style="list-style-type: none"> - Directives may be issued to 6 offices in different zones and other affiliated offices to observe IDY-2019. - Advisory can be issued to incorporate IDY related activities in various cultural and staff welfare programmes for the wellbeing of staff and their families. - Providing link to the IDY Portal from the Organisation website.
ii.	Ministry of Labour & Employment	<ul style="list-style-type: none"> - Directives may be issued to ESIC & EPFO and other subordinate offices to start Yoga classes in all their different premises involving staff and their families. - Providing link to the IDY Portal from the Organisation website.
iii.	Ministry of Electronics & Information Technology	<ul style="list-style-type: none"> - Advisories may be issued to all the autonomous bodies and attached office for the observation of IDY-2019. - Providing link to the IDY Portal from the Organisation website.
iv.	Ministry of Coal	<ul style="list-style-type: none"> - Advisory can be issued to all the coal companies for active participation in IDY-2019. - Appropriate media coverage for the promotion of the mass movement of public health initiative. - Providing link to the IDY Portal from the Organisation website.
v.	Ministry of Economic Affairs	<ul style="list-style-type: none"> - CYP based Yoga training programmes can be initiated for the well being of their staff. - Advisory can be issued to all the attached offices for the observation of IDY-2019. - Providing link to the IDY Portal from the Organisation website.
vi.	Ministry of Housing and Urban Affairs	<ul style="list-style-type: none"> - Advisory can be issued to the organisations like CPWD for the observation of IDY-2019 - Providing link to the IDY Portal from the Organisation website.
vii.	Ministry of Tribal Affairs	<ul style="list-style-type: none"> - Advisory can be issued for organising CYP based Yoga training in at least 200 schools

		<p>operating in backward and remote areas of the country.</p> <ul style="list-style-type: none"> - Providing link to the IDY Portal from the Organisation website.
viii.	Ministry of Civil Aviation	<ul style="list-style-type: none"> - Advisory can be issued to the regional offices and Autonomous bodies like DGCA, BCAS, Air India & AAI etc. to take initiative to start Yoga training on CYP & observe IDY-2019 - Yoga and Wellness centres can be established in at least 6-8 important airports by providing appropriate space of International standard. - Providing link to the IDY Portal from the Organisation website.
ix.	Ministry of Earth Sciences	<ul style="list-style-type: none"> - Advisory can be issued to all of 10 Autonomous bodies to observe IDY-2019 in their respective offices. - Staff and their families can be encouraged to participate in the same. - Providing link to the IDY Portal from the Organisation website.
x.	Ministry of Power	<ul style="list-style-type: none"> - Advisory to all the 18 PSUs/ Autonomous Bodies and state governing bodies can be issued for the observation of IDY-2019. - Staff members and their families can be encouraged to participate in this mass movement of public health initiative. - Providing link to the IDY Portal from the Organisation website.
xi.	Department of Posts	<ul style="list-style-type: none"> - Directives can be issued to all the 23 zones for observation of IDY-2019. - Welfare clubs in the department can be sensitized for the promotion of this mass movement of public health initiative. - Providing link to the IDY Portal from the Organisation website.
xii.	Department of Pension	<ul style="list-style-type: none"> - Directives can be issued to organise CYP related Yoga training camp at various offices across the country on regular basis. - Advisory can be issued to all associated 43 pensioner's organisations for the promotion of Yoga at mass level. - Providing link to the IDY Portal from the Organisation website.

xiii.	Department of Telecommunication	<ul style="list-style-type: none">- Directives can be issued to all of the attached offices, subordinate offices, field offices, autonomous bodies and 5 PSUs like BSNL & MTNL etc. to observe IDY related activities, with wide participation from staff and their family.- Dissemination through SMS can be done for IDY-2019.- Providing link to the IDY Portal from the Organisation website.
-------	---------------------------------	---