

New Delhi, Dated 7th June, 2021

Circular

Subject :- Celebration of 7th International Day of Yoga (IDY) on 21st June, 2021.

As we are aware, International Day of Yoga has become the country's biggest organized public movement for health over the last six years. The International Day of Yoga 2021 is approaching on the 21st of June 2021. As always, this year too, the mass performance of the Common Yoga Protocol (CYP) will remain at the heart of the International Day of Yoga, but IDY 2021 will be observed in a non-congregative manner. Therefore, you are requested to join on this day alongwith your family and others from home and practice the 45 - minutes Common Yoga Protocol drill at 07:00 a.m. on the 21st of June 2021.

2. 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. Ministry of AYUSH has also suggested some following activities/information to observe the IDY 2021 on 21st June, 2021:

- This year's IDY will be observed around the themes "BE WITH YOGA, BE AT HOME".
- The focus of IDY may be on individual and family yoga demonstrations based on Common Yoga Protocol (CYP), efforts may be made to familiarize the employee/staff with CYP.
- The Common Yoga Protocol shall be performed individually or with family within the confines of our homes on 21st June, 2021 from 7:00 A.M. to 7:45 A.M.
- Ministry may promote social media campaigns and social media handles of IDY 2021 as well as through other digital platforms.
- IDY logo can be displayed on Ministry's website.
- Follow social media posts of ministry of AYUSH on IDY.
- Motivate the employees to participate in quiz and other competitions being organized by Ministry of AYUSH.
- Ministry may strive to increase social media presence using the hashtags of IDY 2021.
- You may upload your image and video on social wall of Yoga portal, Ministry of AYUSH.
- One can also live stream such videos and upload on Youtube and share on social media handles of Ministry of AYUSH.
- CYP training programme is being conducted from 1st June, 2021 and are available on the social media platforms of the Ministry of Ayush and Morarji Desai National Institute of Yoga (MDNIY) for the ease of joining the programme at any point of the day.
- Link for all the CYP related training materials is provided in the handbook shared with the stakeholders by the Ministry of Ayush. The details of Link is as follows:
(https://yoga.ayush.gov.in/public/assets/IDY_ebook.pdf)

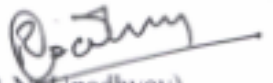

(R.N. Upadhyay)
Under Secretary (Admn)

Copy to:

1. All Officers/Officials of Ministry of Civil Aviation., R.G. Bhavan, New Delhi
2. PS to HMoSCA(UC)
3. Sr.PPS to Secretary, MoCA
4. PS to JS (Admn), MoCA.
5. US(BK) with a request to take necessary action for promoting the IDY through various Social Media/online platforms.
6. US(KM) with a request to take necessary action for uploading the IDY logo and Theme "Be with Yoga, Be at Home" on Ministry's website.

Copy also to the following Offices with a request to take similar action and furnish the Action Taken Report to the Ministry:

1. DGCA, (Shri Pavan Malviya, Dy. Director-Admn), Opp. Safdarjung Airport, New Delhi
2. BCAS (Ms. Rakhee Sadhu, Dy. Director-Admn), Janpath Bhawan, New Delhi
3. CRS, Attn (Shri Rajiv Kumar, Dy. CRS(G), NE Railway Compound, Lucknow
4. The Managing Director, Pawan Hans Limited, Tower C-14, Sector-1 Noida, U.P.
5. The CMD, Air India Limited 113, Airlines House, Gurudwara Rakabganj Road, Parliament Street, New Delhi
6. The Chairman, Airports Authority of India, Rajiv Gandhi Bhawan, New Delhi
7. The Director, Indira Gandhi Rashtriya Uran Akademi, Fursatganj Airfield, Amethi, U.P.
8. The Chairman, AERA, Safdarjung Airport, New Delhi
9. Aircraft Accident Investigation Bureau, (Kind Attn: Joint Director General) Safdarjung Airport, New Delhi
10. Rajiv Gandhi National Aviation University (Kind Attn: Ms. Garima Singh, Registrar) Amethi, U.P.


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