

17-3-25

24/03/25 8

ਦਫਤਰ ਡਾਇਰੈਕਟਰ ਸਕੂਲ ਐਜੂਕੇਸ਼ਨ (ਸੈਕੰਡਰੀ) ਪੰਜਾਬ  
ਕੰਪਲੈਕਸ: ਪੰਜਾਬ ਸਕੂਲ ਸਿੱਖਿਆ ਬੋਰਡ, ਫੇਜ਼-8, ਐਸ.ਏ.ਐਸ. ਨਗਰ  
(ਸਪੋਰਟਸ ਸਾਖਾ)

ਵੱਲ

ਸਮੂਹ ਜਿਲ੍ਹਾ ਸਿੱਖਿਆ ਅਫਸਰ (ਸੈਸਿ/ਐਲੀ ਐਜੂ)  
ਪੰਜਾਬ।

ਮੀਮੇ ਨੰਬਰ ਈ ਮਿਸਲ 863005/ਸਪੋਰਟਸ/2025 12725  
ਮਿਤੀ-18-03-2025

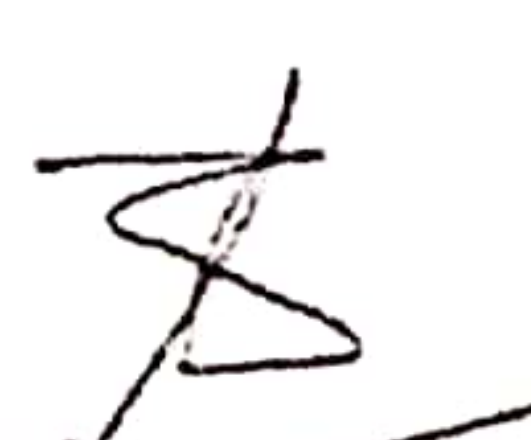
2-6  
19/3/25

ਵਿਸ਼ਾ: 11ਵਾਂ ਅੰਤਰਰਾਸ਼ਟਰੀ ਯੋਗ ਦਿਵਸ 21 ਜੂਨ 2025 ਨੂੰ ਮਨਾਉਣ ਸਬੰਧੀ।

ਭਾਰਤ ਸਰਕਾਰ ਮਨਿਸਟਰੀ ਆਫ ਆਰਜ਼ ਦੇ ਪੱਤਰ ਨੰਬਰ D.O.NO.M-16011/43/2024-YN Dated 25-02-2025 ਰਾਹੀਂ ਇਸ ਸਾਲ 11ਵਾਂ International Yoga Day ਮਿਤੀ 21-6-2025 ਨੂੰ ਮਨਾਉਣ ਲਈ ਲਿਖਿਆ ਹੈ।

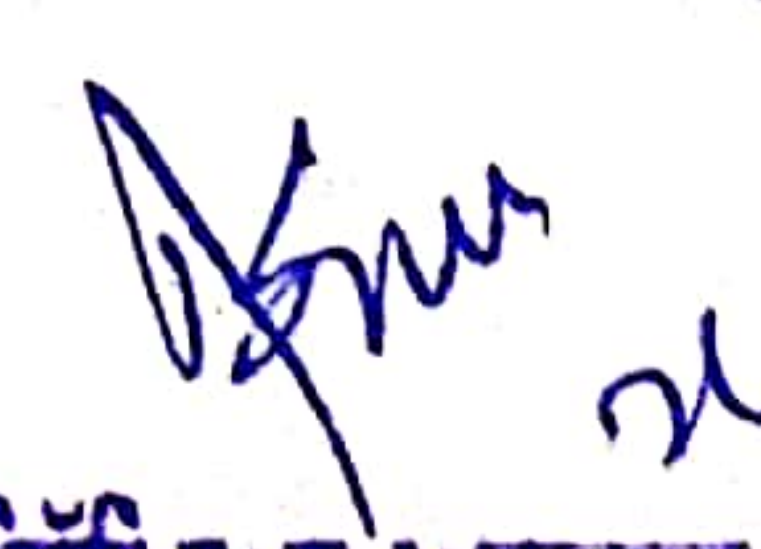
ਦੱਸਿਆ ਜਾਂਦਾ ਹੈ ਕਿ ਹਰ ਸਾਲ ਭਾਰਤ ਸਰਕਾਰ ਵਲੋਂ ਜਾਰੀ ਹਦਾਇਤਾਂ ਅਨੁਸਾਰ 21 ਜੂਨ ਨੂੰ ਅੰਤਰਰਾਸ਼ਟਰੀ ਯੋਗ ਦਿਵਸ ਮਨਾਇਆ ਜਾਂਦਾ ਹੈ। ਜਿਸ ਵਿੱਚ ਸਮੂਹ ਸਕੂਲਾਂ ਦੇ ਅਧਿਆਪਕਾਂ ਅਤੇ ਵਿਦਿਆਰਥੀਆਂ ਵਲੋਂ ਭਾਗ ਲਿਆ ਜਾਂਦਾ ਹੈ। ਇਸ ਲਈ ਆਪਨੂੰ ਲਿਖਿਆ ਜਾਂਦਾ ਹੈ ਕਿ ਆਪ ਆਪੀਨ ਆਉਂਦੇ ਸਕੂਲ ਮੁਖੀਆਂ ਨੂੰ ਹਦਾਇਤਾਂ ਜਾਰੀ ਕੀਤੀਆਂ ਜਾਣ ਕਿ ਭਾਰਤ ਸਰਕਾਰ ਵਲੋਂ ਜਾਰੀ ਪੱਤਰ ਦੇ ਅਨੁਸਾਰ ਮਿਤੀ 21 ਜੂਨ 2025 ਨੂੰ ਯੋਗ ਦਿਵਸ ਮਨਾਉਣ ਸਬੰਧੀ ਤਿਆਰੀਆਂ ਸ਼ੁਰੂ ਕੀਤੀਆਂ ਜਾਣ ਅਤੇ ਪੱਤਰ ਵਿੱਚ ਦਰਜ ਹਦਾਇਤਾਂ ਅਨੁਸਾਰ ਐਕਟਿਵਟੀ ਜਿਨ੍ਹਾਂ ਵਿੱਚ Yoga Olympiad, Competition, Quizzes, Workshop, Seminar for Students ਆਦਿ ਸ਼ਾਮਲ ਹਨ ਨੂੰ ਕਰਵਾਇਆ ਜਾਵੇ। ਵਧੇਰੇ ਜਾਣਕਾਰੀ ਲਈ ਭਾਰਤ ਸਰਕਾਰ ਵਲੋਂ ਜਾਰੀ ਹਦਾਇਤਾਂ ਦੀ ਕਾਪੀ ਨੱਥੀ ਕਰਕੇ ਯੋਗ ਕਾਰਵਾਈ ਹਿੱਤ ਭੇਜੀ ਜਾਂਦੀ ਹੈ।

ਨੱਥੀ/- ਭਾਰਤ ਸਰਕਾਰ ਦਾ ਪੱਤਰ

  
ਡਿਪਟੀ ਡਾਇਰੈਕਟਰ (ਫਿਜੀਕਲ ਐਜੂਕੇਸ਼ਨ)

ਦਫਤਰ ਜ਼ਿਲ੍ਹਾ ਸਿੱਖਿਆ ਅਫਸਰ (ਸੈ.ਸਿ.) ਬਠਿੰਡਾ  
ਪੱਤਰ ਨੰ:- ਜ਼ਿਲ੍ਹਾ ਬੋਰਡ ਕੋਆਰਡੀਨੇਟਰ ਬਠਿੰਡਾ / 144 ਮਿਤੀ:- 24-03-2025

ਉਪਰੋਕਤ ਵਿਸ਼ੇ ਦੇ ਯੋਗ ਦਿਵਸ ਸਮੂਹ ਸਕੂਲ ਮੁਖੀਆਂ ਨੂੰ ਲਿਖਿਆ ਜਾਣਾ ਹੈ ਕਿ ਜ਼ਿਲ੍ਹਾ ਬੋਰਡ ਅੰਤਰ ਰਾਸ਼ਟਰੀ ਯੋਗ ਦਿਵਸ 21 ਜੂਨ 2025 ਨੂੰ ਮਨਾਉਣ ਸਬੰਧੀ ਤਿਆਰੀਆਂ ਕਰਵਾਉਣੀਆਂ ਜਾਰੀ ਰੱਖਣੀਆਂ ਜਾਣ।

  
ਉਪ ਜ਼ਿਲ੍ਹਾ ਸਿੱਖਿਆ ਅਫਸਰ (ਸੈ.ਸਿ.)  
ਬਠਿੰਡਾ  
24/03/25



वैद्य राजेश कोटेचा  
सचिव  
Vaidya Rajesh Kotecha  
Secretary



भारत सरकार  
आयुष मंत्रालय  
आयुष भवन, 'बी' ब्लॉक, जी.पी.ओ. कॉम्प्लेक्स,  
आई.एन.ए, नई दिल्ली-110023  
Government of India  
Ministry of Ayush  
Ayush Bhawan, B-Block, GPO Complex,  
INA, New Delhi-110023  
Tel. : 011-24651950, Fax : 011-24651937  
E-mail : secy-ayush@nic.in

Dear colleague,

D.O.No.M-16011/43/2024-YN  
25<sup>th</sup> February, 2025

This is with reference to the meeting of Committee of Secretaries (CoS) held under the Chairmanship of Cabinet Secretary on 31<sup>st</sup> January, 2025 to review the preparations for the 11<sup>th</sup> International Day of Yoga (IDY) 2025.

In order to commemorate "A Decade of International Day of Yoga" Ministry of Ayush have already begun its preparations. Along with various countdown events, this year Ministry has planned 10 signature events to be held in India and across globe. To ensure success of these events a whole of government approach is required. Therefore, Ministry of Ayush have prepared an indicative list of the roles and responsibilities of the Ministries/ Departments as a follow up of the directions conveyed in the CoS meeting which are enclosed herewith as Annexure I.

Further, it is also encouraged to actively involve various Autonomous Bodies/ Training Institutes under your organizations, to maximize the outreach and participation, including channelling your resource in State/ UT to help this Ministry to achieve the idea of spreading Yoga to the last mile.

Your expertise, outreach, and resources will play a crucial role in successfully spreading the message of maintaining physical fitness along with mental and spiritual well-being through Yoga. In case of any query please contact Smt. Vijayalakshmi Bharadwaj, Director, MoA (Ph. No. 011-24651658 email id:-vijayalakshmi.bharadwaj40@gov.in)

Looking forward to your active participation and support.

With regards,

Yours sincerely,

Encl: As above

(Rajesh Kotecha)

To

All Secretaries to the Government of India  
(As per list attached)



1.	Secretary, Ministry of Civil Aviation	<a href="mailto:secy.moca@nic.in">secy.moca@nic.in</a>
2.	Secretary, Ministry of Road Transport and Highways,	<a href="mailto:secy-road@nic.in">secy-road@nic.in</a>
3.	Secretary, Railway Board, Ministry of Railways	<a href="mailto:secyrb@rb.railnet.gov.in">secyrb@rb.railnet.gov.in</a>
4.	Secretary, Ministry of Petroleum and Natural Gas	<a href="mailto:secy.png@nic.in">secy.png@nic.in</a>
5.	Secretary, Department of Higher Education, Ministry of Education	<a href="mailto:secy.dhe@nic.in">secy.dhe@nic.in</a>
6.	Secretary, Department of School Education & Literacy, Ministry of Education	<a href="mailto:secy.sel@nic.in">secy.sel@nic.in</a>
7.	Secretary, Department of Post, Ministry of Communications	<a href="mailto:secretary-posts@indiapost.gov.in">secretary-posts@indiapost.gov.in</a>
8.	Secretary, Ministry of Youth Affairs and Sports,	<a href="mailto:secy-sports@nic.in">secy-sports@nic.in</a>
9.	Secretary, Ministry of Culture	<a href="mailto:secy-culture@nic.in">secy-culture@nic.in</a>
10	Secretary, Ministry of Tourism,	<a href="mailto:secytour@nic.in">secytour@nic.in</a>
11	Secretary, Ministry of Panchayati Raj,	<a href="mailto:secy-mopr@nic.in">secy-mopr@nic.in</a>
12	Secretary, Ministry of Rural Development,	<a href="mailto:secyrd@gov.in">secyrd@gov.in</a>
13	Secretary, Ministry of Defence,	<a href="mailto:defsecy@nic.in">defsecy@nic.in</a>
14	Secretary, Ministry of Home Affairs,	<a href="mailto:hshs@nic.in">hshs@nic.in</a>
15	Secretary, Ministry of Social Justice & Empowerment,	<a href="mailto:secywel@nic.in">secywel@nic.in</a>
16	Department for Promotion of Industry and Internal Trade, Minister of Commerce and Industry	<a href="mailto:secy-ipp@nic.in">secy-ipp@nic.in</a>



## ANNEXURE-I

S.No.	Stakeholder Ministry	Activities proposed to be assigned
1.	Ministry of Civil Aviation/ Ministry of Road Transport and Highways/ Ministry of Railways/ Ministry of Petroleum and Natural Gas	<ol style="list-style-type: none"> <li>1. Branding and hoarding including videos at public outlets of these Ministries and their PSUs viz., airports, flights, bus stops, Toll-Plaza, railway stations, petrol pumps, CNG outlets.</li> <li>2. Launch Yoga dedicated train for IDY</li> <li>3. Announcement on IDY at waiting areas of Airports, Railway Stations, distribution of pamphlets with messages on IDY to passengers, independent flyers, columns in airline magazine, announcement on pilot/ staff speaker system on aircraft.</li> <li>4. Information on IDY/ PM's quotes on tickets, boarding passes.</li> </ol>
2.	Department of Higher Education/ School Education & Literacy	<ol style="list-style-type: none"> <li>1. <b>Support for Signature Activities: Yoga Unplugged, Yoga Mahakumbh and Yoga Prabhav (Details at Annexure II)</b></li> <li>2. <b>Educational Institution Mobilisation:</b> Mobilising educational institutions to promote Yoga awareness and IDY participation.</li> <li>3. <b>Student Volunteering:</b> Encouraging student volunteering in IDY activities, including CYP training, NCC and NSS in collaboration with MoD and Deptt. of Youth Affairs.</li> <li>4. Organising Yoga Olympiad, competition, quizzes, workshops/seminars for students/employee on Yoga.</li> <li>5. Launch Yoga clubs in Universities/Schools.</li> <li>6. <b>Articles on Yoga:</b> Head of the Institutions to write articles on Yoga reflecting health parameters with credible scientific data. Ministry of Ayush can facilitate the data.</li> <li>7. Brand ambassador programme- create a platform for the students</li> <li>8. UGC already has a credit score for Yoga. The department will organize felicitation for those students</li> </ol>
3.	Department of Post	<ol style="list-style-type: none"> <li>1. <b>Support for Signature Activities: Yoga Prabhav, Yoga Park (Details at Annexure II)</b></li> <li>2. <b>Postal Network Mobilisation:</b> Utilising the postal network, especially in rural areas, for various IDY activities.</li> <li>3. <b>Philatelic Commemorations:</b> Organising philatelic events and issuing commemorative stamps to mark the IDY decade.</li> <li>4. <b>Staff Participation:</b> Encouraging staff and families to participate in IDY through welfare and recreation channels.</li> </ol>



		<p>5. <b>Publicity:</b> Wider publicity through stationery like envelopes, special covers, Postal Life Insurance Policies, etc.</p> <p>6. <b>Support for delivery of letters:</b> Letters to Panchayat Head by the Hon'ble Prime Minister on IDY 2025 may preferably be delivered physically by India Post for personal touch. Facilitation of Pin Code and translation of Letter signed by Hon'ble PM in local language.</p> <p>7. Release of Yoga Stamp on the occasion of IDY.</p> <p>8. Considering offering special discount on opening of new Account during IDY.</p>
4.	M/o Youth Affairs and Sports	<p>1. <b>Support for Signature Activities: Yoga Unplugged and Yoga Parks (Details at Annexure II).</b></p> <p>2. <b>Infrastructure and Organisational Utilisation:</b> Leveraging the Ministry's infrastructure, sports, and youth organisations for the nationwide IDY effort.</p> <p>3. <b>Sports Personality Engagement:</b> Engaging prominent sports personalities to popularise Yoga and IDY activities.</p> <p>4. Amplification through MyBharat portal.</p>
5.	M/o Culture/Tourism	<p>1. <b>Support for Signature Activities: Yoga Unplugged, Yoga Mahakumbh and Yoga Harit (Details at Annexure II).</b></p> <p>2. <b>Cultural Event Organisation:</b> Organising cultural events at iconic places that showcase Yoga's importance for a healthy lifestyle.</p> <p>3. <b>Institutional Involvement:</b> Engaging major cultural institutions like the Sangeet Natak Academy in IDY 2025 celebrations.</p> <p>4. <b>Promotional Videos:</b> Creating promotional videos featuring cultural icons and disseminating them through social media.</p>
6.	M/o Panchayati Raj & M/o Rural Development	<p>1. Participation of Village Sarpanchs in nearby AAMs/Amrit Sarovars in IDY 2025 observation</p>
7.	M/o Defence	<p>1. Encouraging active participation by Armed Forces and families in CYP at all Defence establishments.</p> <p>2. Participation of NCC in IDY related activities.</p>
8.	M/o Home Affairs	<p>1. Encouraging active participation of police and para-military personnel and their families</p> <p>2. IDY observation Freedom fighters &amp; Padma awardees</p>
9.	M/o Social Justice & Empowerment	<p>1. <b>Support for Signature Activities: Yoga Dhanush (Details as per Annexure II)</b></p>
10.	DPIIT	<p>1. Collaborate with DPIIT, M/o Commerce to offer special discount on Tablets. For eg. 'Yoga Tablet 10'.</p>



11.	Common activities for all Ministries/Departments including above	<ol style="list-style-type: none"> <li>1. Each ministry to ensure maximum participation in the main IDY event on 21st June 2025</li> <li>2. Engage large number of PSUs and training establishments under administrative control of respective Ministries/ departments for IDY activities. Educational and technical institutions affiliated with Ministry, field units, subordinates/ attached offices may also be roped in. All possible channels may be leveraged to conduct yoga activities across all levels. Live feeding of IDY at different offices may also be done.</li> <li>3. Sensitize employees on CYP/ Y-break and Government Offices/ Private Companies/ Cooperative societies to promote Y-break for their employees. The link of CYP is <a href="https://youtube.com/playlist?list=PLxZ05kgQiFwf6JbbEvThIy9AcZ0xrfxvk&amp;si=xy_A9uOqJLRKm5i">https://youtube.com/playlist?list=PLxZ05kgQiFwf6JbbEvThIy9AcZ0xrfxvk&amp;si=xy_A9uOqJLRKm5i</a></li> <li>4. Encourage participation of employees and there family members in various IDY activities organized on MyGov platform like quiz, competitions, video campaigns, etc. Encourage participation of employees and there family members in various IDY activities organized on MyGov platform like quiz, competitions, video campaigns, etc.</li> <li>5. "All Ministries/Departments are requested to tag the Ministry of Ayush on all social media platforms whenever disseminating the latest updates and information related to International Day of Yoga (IDY) through their official channels. Additionally, Ministries/Departments may also share social media posts from the Ministry of Ayush on their respective platforms to enhance outreach and visibility"</li> <li>6. IDY logo may be displayed and IDY related guidelines/digital resources may be uploaded on the Websites/ Portals of respective Ministries/Departments</li> <li>7. Organizing Yoga-related activities such as online/offline lectures, workshops, seminar etc. by Yoga experts, ahead of IDY 2025</li> <li>8. Publishing Yoga and IDY-specific articles in official e-newsletter, bulletin, magazine etc</li> <li>9. The Digital Assets developed by MoA may be used:- <ol style="list-style-type: none"> <li>a) <b>Namaste Yoga App</b> - This App a one stop health solution that enables people to access yoga related information, yoga events and Yoga classes at their fingertips. The app also provides information on one's physical activity in terms step count and calories burnt. <b>The link for the app is <a href="https://play.google.com/store/apps/details?id=yogatracker.np.com.yogatracker&amp;hl=en_IN">https://play.google.com/store/apps/details?id=yogatracker.np.com.yogatracker&amp;hl=en_IN</a></b></li> <li>b) <b>Y Break App</b> - This App is a digital platform developed by Morarji Desai National Institute of Yoga, Ministry of Avush, Government of India to promote Yoga practise in Working population to de-stress, refresh and re focus at their workplace to increase their productivity, and consists of Asanas, Pranayama and Dhyana. <b>The link for the app is <a href="https://play.google.com/store/apps/details?id=ybreak.ayush.gov.in&amp;hl=en_IN">https://play.google.com/store/apps/details?id=ybreak.ayush.gov.in&amp;hl=en_IN</a></b></li> </ol> </li> </ol>
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		c) <b>Yoga- Ayush Portal:</b> Dynamic portal with all details, digital assets and latest information about IDY activities. <b>The link for the app is <a href="https://yoga.ayush.gov.in/YAP/">https://yoga.ayush.gov.in/YAP/</a></b>
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## Annexure II

S.No.	Activity	Major Stakeholder	Responsibilities of Major Stakeholders
1.	<b>Yoga Parks Development:</b> The initiative aims to establish 1,000 "Yoga Parks" across India by upgrading or modifying existing public parks. This will provide dedicated spaces for yoga practice, making it more accessible to communities nationwide and encouraging regular yoga adoption	Department of Post/ Ministry of Youth Affairs and Sports	(1) To collaborate with local Yoga organization/Ayushman Arogya Mandir of MoHFW and MoA/others for Yoga instructors for Yoga classes/ Yoga activity in the park.
2.	<b>Yoga Dhanush (Rainbow of Inclusive Yoga):</b> The "Yoga Dhanush" champions inclusivity, making Yoga accessible and beneficial to individuals of all abilities and backgrounds. It will achieve this by creating specialized yoga programs tailored for diverse groups, including Divyangjan, children, senior citizens, and marginalized communities.	Ministry of Social Justice & Empowerment	1. To disseminate the yoga module developed MDNIY for the targeted groups.
3.	<b>Yoga Prabhava: A Decadal Impact Assessment:</b> This nationwide survey, coordinated by the Central Council for Research in Yoga & Naturopathy (CCRYN), will measure the public health and social impacts of IDY. Health-care institutions, Yoga institutions, and other stakeholders will be involved. "Yoga Prabhava" will provide crucial data-driven insights into IDY's effectiveness, guiding future initiatives and policy decisions.	Ministry of Education/ Department of Post	1) Revamp the Arogya Setu Portal or Ayush Sanjivani Portal for the public survey to be explored.
4.	<b>Harit Yoga (Sustainability Initiative):</b> The "Harit Yoga" Sustainability Initiative aims to integrate yoga with environmental consciousness. It combines yoga sessions in	Ministry of Tourism/ Ministry of Culture	1) Identifying locations relevant to Environmental Protection, where Harit Yoga activities identified can be staged.



	natural settings with tree planting drives under 'Ek Ped Maa Ke Naam' and clean-up campaigns, promoting environmentally responsible practices and linking these activities to Yoga Parks.		
5.	<p><b>Yoga Unplugged (Youth Initiatives):</b> Yoga Unplugged" leverages contemporary communication channels to attract youth, cultivating a new generation of Yoga practitioners across the globe. This initiative will include (but need not be restricted to):</p> <p><b>Social Media Challenges:</b> National and international Yoga challenges will encourage participation and sharing on social media, building a vibrant online community.</p> <p><b>Educational Campaigns:</b> Yoga education will be integrated into schools, universities, and workplaces, covering theoretical knowledge and practical sessions.</p>	Ministry of Education/Ministry of Culture/Department of Youth Affairs/Department of Sports/ Ministry of Tourism	<ol style="list-style-type: none"> <li><b>Ministry of Education-</b> Encouraging student volunteering in IDY activities, including CYP training. Organising competition, quizzes, workshops/seminars for students on Yoga. Launch Yoga clubs in Universities/Schools. To identify Yoga Ambassadors in each school/educational institutions and consider having Yoga Club for institutionalisation of Yoga culture in the youth.</li> <li><b>Ministry of Youth Affairs &amp; Sports</b> -Leveraging the Ministry's infrastructure, sports, and youth organisations for the nationwide IDY effort. Engaging prominent sports personalities to popularise Yoga and IDY activities. Amplification through MyBharat portal.</li> </ol>
6.	<p><b>Yoga Maha Kumbh:</b> The "Yoga Maha Kumbh" is a week-long series of grand yoga festivals taking place at 10 locations across India. The events will culminate with the International Day of Yoga (IDY) celebration, with one location hosting the central yoga event led by the Prime Minister. The "Yoga Maha Kumbh" aims to provide immersive yoga experiences, foster a sense of community, and celebrate the culmination of IDY 2025.</p>	Ministry of Culture/Ministry of Education/Ministry of Culture/Ministry of Tourism	<ol style="list-style-type: none"> <li>To participate in Yoga Mahakumbh as per SoP.</li> </ol>



F.N: 13-1/2025-IS.4  
Government of India  
Ministry of Education  
Department of School Education & Literacy  
\*\*\*\*\*

Shastri Bhawan, New Delhi  
Date:06.03.2025

To  
The Additional Chief Secretary/Principal Secretary/Secretary (Education)  
All States/UTs

**Subject:- Observation of 11<sup>th</sup> International Day of Yoga on 21.06.2025 i.e. IDY-2025 – reg.**

Sir,

I am directed to forward herewith a copy of the Ministry of AYUSH's D.O. No. M-16011/43/2024-YN dated 25.02.2025, on the subject cited above.

2. Vide above letter, Ministry of AYUSH, in order to ensure success of the events, states that they have prepared an indicative list of the roles and responsibilities of the Ministries/Departments as a follow up of the directions conveyed in the CoS meeting. M/o AYUSH further requested to encourage and actively involve various autonomous bodies under DoSEL to maximize the outreach and participation as per Annexure-I and II.

3. In view of the above, it is requested to issue necessary instructions to encourage the students and teachers for participating in the celebration of 11<sup>th</sup> International Day of Yoga and other yoga related activities in their schools. Further activities will also be outlined by NCERT and google tracker for participation will be shared in due course.

Encl: As above.

Yours faithfully,  
Digitally signed by  
SUNIL KUMAR  
Date: 06-03-2025  
15:19:02  
(Sunil Kumar)

Under Secretary to the Government of India  
Tel No011-23381270  
Mail id: sunil.kr17@gov.in

**Copy to:**

1. Secretary AYUSH
2. SPDs under Samagra Shiksha of all States/UTs
3. Director NCERT



# ANNEXURE-I

S.No.	Stakeholder Ministry	Activities proposed to be assigned
1.	Department of School Education & Literacy	<ol style="list-style-type: none"> <li><b>Support for Signature Activities: Yoga Unplugged, Yoga Mahakumbh and Yoga Prabhav (Details at Annexure II)</b></li> <li><b>Educational Institution Mobilisation:</b> Mobilising educational institutions to promote Yoga awareness and IDY participation.</li> <li><b>Student Volunteering:</b> Encouraging student volunteering in IDY activities, including CYP training, NCC and NSS in collaboration with MoD and Deptt. of Youth Affairs.</li> <li>Organising Yoga Olympiad, competition, quizzes, workshops/seminars for students/employee on Yoga.</li> <li>Launch Yoga clubs in Schools.</li> <li><b>Articles on Yoga:</b> Head of the Institutions to write articles on Yoga reflecting health parameters with credible scientific data. Ministry of Ayush can facilitate the data.</li> <li>Brand ambassador programme- create a platform for the students</li> </ol>
2.	Common activities for all Ministries/Departments	<ol style="list-style-type: none"> <li>Each ministry to ensure maximum participation in the main IDY event on 21st June 2025</li> <li>Engage large number of PSUs and training establishments under administrative control of respective Ministries/ departments for IDY activities. Educational and technical institutions affiliated with Ministry, field units, subordinates/ attached offices may also be roped in. All possible channels may be leveraged to conduct yoga activities across all levels. Live feeding of IDY at different offices may also be done.</li> <li>Sensitize employees on CYP/ Y-break and Government Offices/ Private Companies/ Cooperative societies to promote Y-break for their employees. The link of CYP is <a href="https://youtube.com/playlist?list=PLxZ05kgQiFwf6JbbEvThly9AcZ0xrfxvk&amp;si=__xy_A9uOqJLRKm5i">https://youtube.com/playlist?list=PLxZ05kgQiFwf6JbbEvThly9AcZ0xrfxvk&amp;si=__xy_A9uOqJLRKm5i</a></li> <li>Encourage participation of employees and there family members in various IDY activities organized on MyGov platform like quiz, competitions, video campaigns, etc. Encourage participation of employees and there family members in various IDY activities organized on MyGov platform like quiz, competitions, video campaigns, etc.</li> <li>"All Ministries/Departments are requested to tag the Ministry of Ayush on all social media platforms whenever disseminating the latest updates and information related to International Day of Yoga (IDY) through their official channels. Additionally, Ministries/Departments may also share social media posts from the Ministry of Ayush on their respective platforms to enhance outreach and visibility"</li> <li>IDY logo may be displayed and IDY related guidelines/digital</li> </ol>



resources may be uploaded on the Websites/ Portals of respective Ministries/Departments

7. Organizing Yoga-related activities such as online/offline lectures, workshops, seminar etc. by Yoga experts, ahead of IDY 2025
8. Publishing Yoga and IDY-specific articles in official e-newsletter, bulletin, magazine etc
9. The Digital Assets developed by MoA may be used:-
  - a. **Namaste Yoga App** - This App a one stop health solution that enables people to access yoga related information, yoga events and Yoga classes at their fingertips. The app also provides information on one's physical activity in terms step count and calories burnt. The link for the app is [https://play.google.com/store/apps/details?id=yogatracker.np.com.yogatracker&hl=en\\_IN](https://play.google.com/store/apps/details?id=yogatracker.np.com.yogatracker&hl=en_IN)
  - b. **Y Break App** - This App is a digital platform developed by Morarji Desai National Institute of Yoga, Ministry of Ayush, Government of India to promote Yoga practise in Working population to de-stress, refresh and re focus at their workplace to increase their productivity, and consists of Asanas, Pranayama and Dhyana. The link for the app is [https://play.google.com/store/apps/details?id=ybreak.ayush.gov.in&hl=en\\_IN](https://play.google.com/store/apps/details?id=ybreak.ayush.gov.in&hl=en_IN)
  - c. **Yoga- Ayush Portal**: Dynamic portal with all details digital assets and latest information about IDY activities. The link for the app is <https://yoga.ayush.gov.in/YAP/>

## Annexure II

S.No.	Activity	Major Stakeholder	Responsibilities of Major Stakeholders
1.	<b>Yoga Prabhava: A Decadal Impact Assessment:</b> This nationwide survey, coordinated by the Central Council for Research in Yoga & Naturopathy (CCRYN), will measure the public health and social impacts of IDY. Health-care institutions, Yoga institutions, and other stakeholders will be involved. "Yoga Prabhava" will provide crucial data-driven insights into IDY's effectiveness, guiding future	Ministry of	1. Revamp the Arogya Setu Portal or Ayush Sanjivani Portal for the public survey to be explored.



<p>initiatives and policy decisions.</p> <p>2. <b>Yoga Unplugged (Youth Initiatives):</b> Yoga Unplugged" leverages contemporary communication channels to attract youth, cultivating a new generation of Yoga practitioners across the globe. This initiative will include (but need not be restricted to):  <b>Social Media Challenges:</b> National and international Yoga challenges will encourage participation and sharing on social media, building a vibrant online community.  <b>Educational Campaigns:</b> Yoga education will be integrated into schools, universities, and workplaces, covering theoretical knowledge and practical sessions.</p>	<p>Education</p>	<p>1. <b>Ministry of Education-</b> Encouraging student volunteering in IDY activities, including CYP training. Organising competition, quizzes, workshops/seminars for students on Yoga. Launch Yoga clubs in Universities/Schools. To identify Yoga Ambassadors in each school/educational institutions and consider having Yoga Club for institutionalisation of Yoga culture in the youth.</p>
<p>3. <b>Yoga Maha Kumbh:</b> The "Yoga Maha Kumbh" is a week-long series of grand yoga festivals taking place at 10 locations across India. The events will culminate with the International Day of Yoga (IDY) celebration, with one location hosting the central yoga event led by the Prime Minister. The "Yoga Maha Kumbh" aims to provide immersive yoga experiences, foster a sense of community, and celebrate the culmination of IDY 2025.</p>		<p>1. To participate in Yoga Mahakumbh as per SoP.</p>