Dear Shri Injeti Srinivas,

As you are aware, 21st June has been declared as International Day of Yoga (IDY). The fourth IDY will be celebrated on 21st June, 2018 world over. It is heartening to note that various Ministries, Departments, States and UTs have already initiated preparatory steps to observe IDY in befitting manner.

2. Common Yoga Protocol (CYP) is the centre-piece of all activities related to IDY. The Asanas and practices forming part of the CYP are selected in such a way as to yield the maximum health and well-being rewards to a diverse group of people from different profiles of health, age etc. Yogic practice shall start with a prayer or prayerful mood to enhance the benefits of practice.


4. All Ministries/Departments/States/UTs are requested to share Prayer and Common Yoga Protocol video clips on their web portals and social media accounts, so that it can reach out to masses and in turn to help disseminate this invaluable information to benefit the various strata of population for their well-being.

With regards,

Yours sincerely,

(Rajesh Kotecha)

Shri Injeti Srinivas,
Secretary,
Ministry of Corporate Affairs,
Shastri Bhawan,
New Delhi – 110001