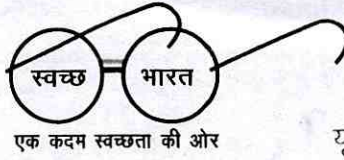




सत्यमेव जयते



एक कदम स्वच्छता की ओर



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

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D.O. No. M-16011/03/2019-YN

Dated:15.01.2019

वैद्य राजेश कोटेचा
Vaidya Rajesh Kotecha

Dear Sir/Madam,

It is a pleasure to write to you regarding the International Day of Yoga (IDY). As you are aware, 21st June is observed as IDY every year. This practice started in 2015, when at the initiative of Hon'ble Prime Minister Shri Narendra Modi, the United Nations General Assembly took a historic decision to declare 21st June as the International Day of Yoga. As you would agree, this worldwide acceptance of Yoga is a matter of pride for our country, as Yoga is an integral part of our cultural and spiritual heritage.

2. I am happy to convey that the preparations for the 5th International Day of Yoga which falls on 21st June, 2019 is already under way. The Ministry of AYUSH hopes to take the momentum created by IDY 2015, 2016, 2017 and 2018 further forward. The Ministry's aim is to bring more citizens into the fold of the activities of IDY 2019 than the previous years, thereby spreading the rewards of Yoga in terms of physical and emotional well-being among all sections of our society. **Government servants and other stakeholders of the different Ministries/ Departments are an important target group that this Ministry hopes to rope in, into the Yoga movement.**

3. I am writing to you to seek your support in this national effort. I would request you to carry out advance planning and preparations for the observation of IDY on 21st June 2019. The central event of IDY, as in the previous years, would be the Mass Yoga Demonstration based on **Common Yoga Protocol (CYP)**. However, the objective of this exercise is not just a one-day celebration- it aims to make all participants aware of the immense rewards that the pursuit of Yoga can bring to the individual and the family, and thereby inspire them to continue the practice of Yoga beyond the Yoga Day. The CYP is a 45 minutes sequence of Yoga exercises designed by Yoga exponents in the country with the objective of maximizing the well-being of the people. Details of the CYP in the formats of e-book and video may be downloaded from the website yoga.ayush.gov.in.

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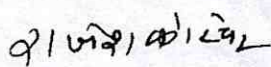
4. The observation of IDY pre-requires an elaborate training programme to all the participants on CYP, to ensure that the Mass Yoga Demonstration is held in harmony, and is a success. Yoga experts are of the view that CYP can be learned by first time Yoga seekers in about 15 training sessions of one-hour duration each, ideally spread over 15 days. Trained Yoga teachers would be able to impart CYP classes based on the CYP booklet. By training the participants in CYP, it is also hoped that they will imbibe an interest in Yoga, and continue to pursue the same beyond IDY-2019. Such an enduring interest in Yoga, if imbued to a large number of people, will turn out to be a significant asset for public health initiatives in the country.

5. **All Ministries/ Departments have various staff welfare programmes, and dovetailing of IDY- 2019 into these can be considered.** I would be grateful if you could issue necessary instructions to all officers of your Ministry/Department and attached & subordinate offices located in different parts of the country to prepare a detailed action plan for celebrating the International Day of Yoga, 2019. A Nodal Officer of your Ministry/Department may kindly be nominated and details communicated (Shri P.N.Ranjit Kumar, Joint Secretary to the Government of India, Tel:- 011-24651938; e-mail: jspnrk-ayush@gov.in) for seamless coordination. The Ministry of AYUSH would be keen to hear about the activities and best practices that the other Ministries/ Departments put in place for IDY- 2019.

6. The Government's aim is to make Yoga an integral part of the citizens' lifestyle and thereby secure a healthy life for all. I seek your support in making the International Day of Yoga 2018 a highly participated event in your Ministry/ Department and also request you to organize Mass Yoga Demonstrations based on the CYP on 21/6/2019 from 7:00 AM to 8:00 AM, and to encourage the staff/officers and main stake-holders of the Ministry/ Department to participate in the same.

With regards,

Yours sincerely


(Rajesh Kotecha)

To,

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