### File No.22/15/2017-Admn/APTEL APPELLATE TRIBUNAL FOR ELECTRICITY Ministry of Power Core-4, 7<sup>th</sup> Floor, SCOPE Complex, Lodhi Road, New Delhi-110 003

Dated the 9<sup>th</sup> June, 2021

### <u>CIRCULAR</u>

Please find enclosed herewith a copy of the presentation and the Minutes of the meeting with Nodal Officers of Central Ministries/ Departments, States & UTs held on 31.05.2021under the Chairmanship of Joint Secretary, Ministry of Ayush for the observation of 7<sup>th</sup> International Day of Yoga (IDY – 2021).

2. All the officers/staff are requested to compliance with the decision taken in the meeting.

( **Kapil Kr. Sharma** ) Admn.-Cum-Accounts Officer

- 1. PPS to Hon'ble Chairperson
- 2. PS to Hon'ble Judicial Member
- 3. PPS/PS to Hon'ble Technical Members
- 4. PPS to Registrar
- 5. All the Officers / Offficials of APTEL
- 6. Office Assistant (IT) for uploading the same on the Website of APTEL
- 7. Guard file





Ministry of AYUSH

# Meeting of Nodal Officers of Ministries/ States & UTs for 7<sup>th</sup> INTERNATIONAL DAY OF YOGA (IDY)

10.30 AM 31.05.2021

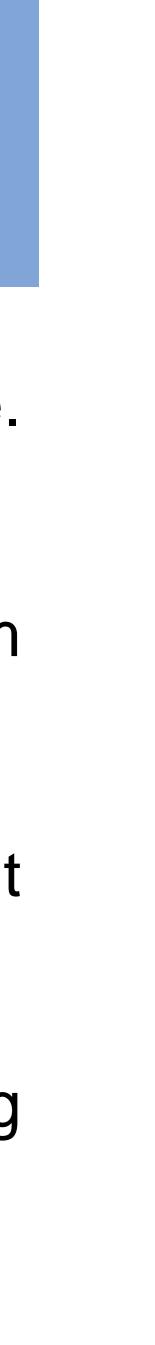
# International Day of Yoga (IDY)

- The UN General Assembly, on 11<sup>th</sup> December 2014, unanimously adopted a resolution for observing 21<sup>st</sup> June every year as the International Day of Yoga.
- This resolution originated from an earlier proposal of Prime Minister Shri Narendra Modi, in his UN address in September 2014.
- IDY promotes the culture of Yoga. It recognises the positive impact of Yoga on health and well being.
- Yoga is immensely rewarding to the common man. Practicing Yoga can lead to increase in the general level of health of the people.



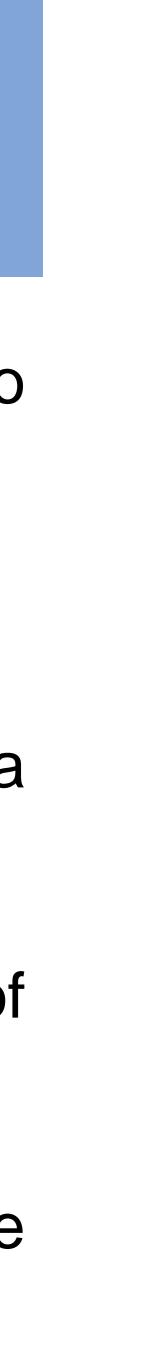
# Importance of observing IDY

- The main purpose of IDY is reaching the Health benefits Yoga to the people. Over the years, IDY has become a mass movement for health.
- Adopting Yoga as a regular practice will provide significant relief from physical ailments and mental stress.
- Practicing Yoga would lead to stronger bonds between people from different background, irrespective of caste, religion or language barriers.
- It would help to promote the feeling of harmony and peace among individuals, communities and countries.



# Common Yoga Protocol (CYP)

- The CYP is a Yoga Protocol developed by accomplished Yoga experts, to facilitate harmony in the observation of IDY.
- It is a 45 minutes drill consisting of Asanas, Kriyas and Pranayam.
- Over the last few years, it has become one of the most popular Yoga protocols in the world.
- Designed to be easily adoptable by the majority of the people irrespective of age and gender.
- Can be learnt through simple training sessions, even through online classes.



# 1<sup>st</sup> & 2<sup>nd</sup> International Day of Yoga

- New Delhi.
- every year.
- lesson.
- The main event of 2<sup>nd</sup> IDY was organized at Capitol Complex, Chandigarh.
- contribution for promotion and development of Yoga.
- manner.

• Harmonius Mass Yoga Demonstration on 1<sup>st</sup> IDY on 21<sup>st</sup> June, 2015 was organised at Rajpath,

• The Hon'ble PM has been leading the Yoga demonstration at the Main National Event of IDY

• In 1<sup>st</sup> IDY two Guinness World Records were achieved, viz the Largest Yoga Lesson involving 35,985 participants and Maximum Number of Nationalities (84) participating in a single Yoga

• Hon'ble Prime Minister declared two Awards- International and National Awards for outstanding

Different Ministries/ Departments and State/ UT's worked together to observe IDY in a befitting



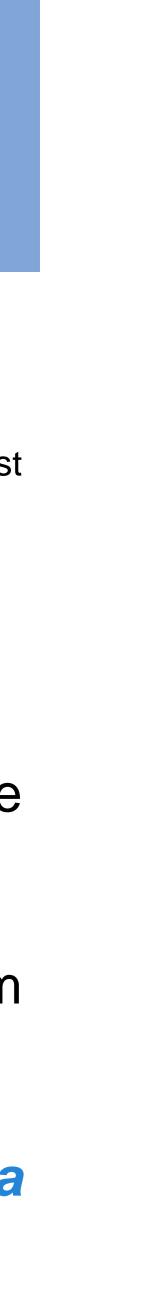






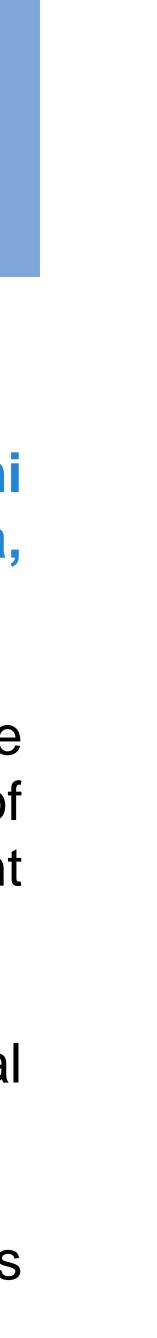
# 3<sup>rd</sup> & 4<sup>th</sup> International Day of Yoga

- Main event of 3<sup>rd</sup> IDY was organized at Ramabai Ambedkar Maidan, Lucknow.
- Pune's Ramamani Iyengar Memorial Yoga Institute was announced the winner of the 1<sup>st</sup>
  Prime Minister's Award for outstanding contribution to promotion and development of Yoga.
- Main event of 4<sup>th</sup> IDY was organized at FRI Grounds, Dehradun, Uttarakhand.
- Shri Vishwas Vasant Mandlik and The Yoga Institute, Mumbai were announced the winners of the 2<sup>nd</sup> Prime Minister's Yoga Award.
- The Yoga Ambassadors' Tour was organized in collaboration with Kerala Tourism Department with participants from 22 countries.
- Two mobile technology based applications, namely *BHUVAN-YOGA* (by ISRO) and *Yoga Locator*, contributed to the public mobilization.



# 5<sup>th</sup> International Day of Yoga

- Main event of 5<sup>th</sup> IDY was organized at Prabhat Tara Maidan, Ranchi.
- 4 winners announced for the 3<sup>rd</sup> Prime Minister's Yoga Award. They were Swami Rajarshi Muni (Life Mission, Gujarat), Antonietta Rozzi (Italy), Bihar School of Yoga, Munger (Bihar) and Japan Yoga Niketan (Japan).
- IDY observed at many iconic locations across the world including the Opera House (Sydney), Eiffel Tower (Paris), the Washington Monument (Washington), the Cathedral of Brasilia (Brasilia), the Saolin Temple (China), the Dead Sea and the base of Mount Everest in Nepal.
- Promotion of eco-friendly Yoga accessories like Yoga mats and apparel made of natural products like cotton, which led to gains for our artisans working in the Khadi sector.
- Yoga protocols for different groups viz. Yoga for Adolescents, Yoga for expecting mothers and Yoga for Women in the Age-group of 40 plus were developed.



# 6<sup>th</sup> International Day of Yoga

- IDY, 2020
- countries participated.
- IDY.

• Due to COVID-19, 'Yoga at Home, Yoga with Family' was adopted as the theme

• Various online resources were made available on its digital platforms like the Yoga Portal and the social media handles like YouTube, Facebook, Twitter and Instagram to provide ample opportunities for the people to learn Yoga from their homes.

• 'My Life, My Yoga (MLMY)' video blogging contest with attractive prizes for the winners and runners-up in association with ICCR in which contestants from 130

• Prominent celebrities from the entertainment industry gave promotional messages on Yoga, encouraging the people to be active participants from their homes in the



# 6<sup>th</sup> International Day of Yoga (Cont'd)

- on social media by the Ministry of AYUSH.
- roped in for promotion of Yoga in rural areas.
- them for the main event.
- figures.

Yoga gurus and experts delivered their discourses which were streamed live

Common Service Centers (CSCs) of the Ministry of Electronics & IT were

 Daily telecast of the Common Yoga Protocol (CYP) was organized on DD Bharti for making more and more people familiar with CYP and preparing

• Total participation was estimated to be 13.18 crore, based on self-reported



# Planned Activities for IDY- 2021

- The 100-day count-down from 13.03.2021 period. This will see a multitude of activities and Yoga training programmes for inspiring people to participate in IDY-2021.
- All activities will be organised in a COVID-19 compliant manner.
- Participation in IDY requires learning CYP. Ministry has launched digital resources and online resources to enable that—morning and evening sessions are being done by MDNIY everyday.
- Various other initiatives have also been launched such as competitions on MyGov, webinars and programs in coordination with Leading Yoga Institutes, and various other stake-holders.
- Through a country-wide network of collaborations, the Ministry strives to ensure that the observation of IDY-2021 reaches every town and every village of the country.



# **Potential role of Ministries/Departments**

Each Ministry/ Department has oversight of a specific sector. The Ministry/ • Department is requested to adopt the ambition of mobilising the entire sector for participation in IDY. All possible channels (autonomous bodies, PSUs, trade bodies, private and public institutions, professional bodies etc.) may be used for this purpose.

Government servants are opinion leaders in their extended families and • communities. Employees of various Ministries/ Departments may be mobilized for active participation in IDY. Family members of the employees may also be encouraged in this mass movement.



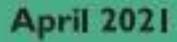


Ministry of AYUSH Government of India

# The IDY Handbook Reference for organisers of promotional activities for International Day of Yoga (IDY)- 2021

(For internal circulation only)

# संस्थाव जपन



# https://yoga.ayush.gov.in/idy-2021



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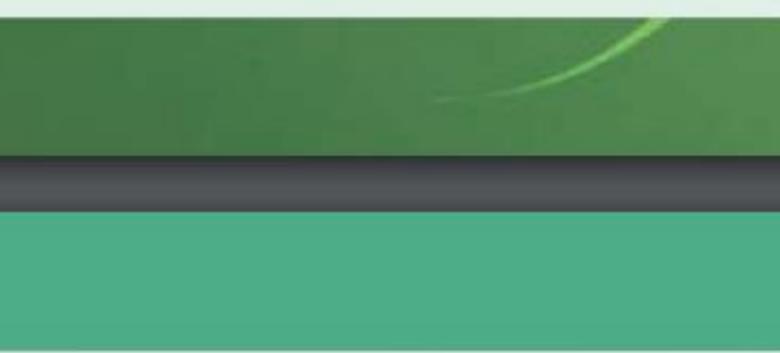
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# 3. CentralMinistries/DepartmentsandState/UTAdministrations IDY presents an occasion for all the Central Ministries and their Departments, as 14



well as State and UT Administrations to come forward and spread the message about gains from the regular practice of Yoga like long term benefits in health, happiness and well-being. The Central Ministries/Departments and State/UT Administrations can reach out to individuals and institutions in their respective domains with the following IDY related activities:

Issuing internal guidelines within the Organization/offices giving the background of the observation of International Day of Yoga (IDY 2021).

Using your social media platforms to spread for latest updates and information about IDY. The required inputs can be easily accessed from the

- ٠
- .
- ٠ Handbook, on your website.

- ٠ practice and adopt Yoga.
- magazine etc.
- awards/) etc.

Issuing internal guidelines within the Organization/offices giving the background of the observation of International Day of Yoga (IDY 2021).

Using your social media platforms to spread for latest updates and information about IDY. The required inputs can be easily accessed from the social media platforms of the MoA (links may be seen in Section F - Digital Resources For Yoga) and this can be shared on or adapted to your official social media platforms, as deemed fit. The Ministry would be happy to share creatives and other inputs in this regard, for which your point of contact would be Shri Vikram Singh, Director, Yoga and Naturopathy Cell, Ministry ofAyush(email:vikramsingh-cea@gov.in,phone:011-24656863).

Displaying IDY logo on your website and uploading guidelines for IDY observance and a list of Digital Resources provided in Section F in this

Familiarizing the employees/staff with Common Yoga Protocol (CYP). information about the quality digital training resources and daily virtual training sessions being offered by the Morarji Desai National Institute of Yoga (links may be seen in Section F - Digital Resources For Yoga) may please widely publicised among the public and the government employees.

Circulating related material along with attached links to the digital resources (available in Section F), to all Departments, employees and partners, so that they can be further shared externally to raise awareness. Employees may be encouraged to include their families in the IDY activities.

Organizing Yoga-related activities such as on line lectures, workshops etc. by Yoga experts, starting at least 3 weeks ahead of IDY 2021.

Distributing Yoga attire, Yoga mats, and other Yoga related goodies duly having the logo of IDY 2021, to their staff, and encouraging everyone to

Publishing Yoga and IDY-specific articles in your official e-newsletter, bulletin,

Encouraging employee and staff to participate in IDY competitions organized by MoA on MyGov platform (https://www.mygov.in/) such as photo contest, PM Yoga awards (https://innovateindia.mygov.in/pm-yoga-

# Summary of Actions: Ministries/Departments/ States&UTs

- Mobilization and spread the message about benefits of doing Regular Yoga
- Issuing internal Guidelines for employees abt background and observation of IDY ullet
- Using your social media platforms for latest updates
- Follow MoA social media, updates
- Display IDY logo on your website, circulate related material to your employees/ Deptt/ ABs under your Ministry / State
- Organizing yoga related activities : Focus on CYP, discussion, well being lacksquare
- Encourage employees to participate in activities hosted on MyGov
- Be with Yoga Be At Home
- Record the participation on 21<sup>st</sup> June- MoA will circular Google Form
- Carry on activities beyond IDY.





## 2. Yoga Professionals

DY presents an occasion for all Professionals in the field of Yoga to come forward and spread the message about the rewards of regular practice of Yoga among the general public. Every individual stands to gain from the regular practice of Yoga through long term benefits in health, happiness and wellbeing. Yoga Professionals can play an important role in making IDY an effective national movement for health and wellness. Here are some suggested activities to reach out to the people and induct them into the blissful world of Yoga:

- ٠ may be seen in Section F - Digital Resources For Yoga).
- DY 202 |.
- ٠ Common Yoga Protocol.
- participation in the same is recommended.
- on the MyGov platform (https://www.mygov.in/).

Yoga Professionals may take the lead in organizing CYP training programmes for the general public. In view of the pandemic -related risks, they may use on line and social media platforms. In case face-to-face training sessions are organised, compliance to standard COVID-19 guidelines may be ensured. The programmes may be initiated as early as possible, so that the public can learn CYP well in advance and be ready by 21" June (CYP links

Efforts may be taken to organize other Yoga-related activities such as online ectures, workshops etc. by Yoga experts, to motivate people to participate in DY. These may be scheduled to commence at least 3 weeks ahead of

Innovative efforts may be made to familiarize the general public with

Organizing of online training programs of 15-day duration (one hour per day) on CYP and motivating friends and acquaintances for maximum

YogaProfessionals may disseminate information about the free IDY resources (links may be seen in Section F - Digital Resources For Yoga), IDY-activities and CommonYoga Protocol through their social media accounts tagging the Ministry. YogaProfessionals can participate in the engaging activities like the photo contest, and send nominations for PM Yoga awards (https://innovateindia.mygov.in/pm-yoga-awards/), being organized by MoA

### 4. YogaOrganizationsand NGOs

YogaOrganizations and NGOs, with their commitment and passion, can play an important role in making IDY an effective national movement for health and we ness. Here are some suggested activities to reach out to the people and induct them into the blissful world of Yoga:

- ofAyush(email:vikramsingh-cea@gov.in).
- website.
- •
- ٠
- ٠
- ٠ practice and adopt Yoga.
- e-newsletter, bulletin, magazine etc.
- awards/) etc.

ssuing internal guidelines within the Organization/offices giving the background of the observation of the 7" International Day of Yoga (IDY2021). This may be displayed prominently on their websites.

Using your social media platforms to spread for latest updates and information about IDY. The required inputs can be easily accessed from the social media platforms of the MoA(links may be seen in Section F - Digital Resources For Yoga) and this can be shared on or adapted to your official social media platforms, as deemed fit. The Ministry would be happy to share creatives and other inputs in this regard, for which your point of contact would be Shri Vikram Singh, Director, Yoga and Naturopathy Cell, Ministry

Displaying IDY logo on your website and uploading guidelines for IDY observance and a list of digital resources (available in Section F) on your

Familiarizing the employee/staff with Common Yoga Protocol (CYP). Organising 5-day on line training programmes (one hour per day) on CYP and ensuring maximum participation in the same, in a COVID-19 compliant manner (CYPlinks may be seen in Section F - Digital Resources For Yoga).

Circulating related material along with attached links to the digital resources (available in Section F), to all employees and partners, so that they can be further shared externally to raise awareness.

Organizing Yoga-related activities such as online lectures, workshops etc. by Yoga experts, starting at least 3 weeks ahead of IDY 2021.

Distributing Yoga attire, Yoga mats, and other Yoga related goodies duly having the logo of IDY 2021, to their staff, and encouraging everyone to

Publishing Yoga and IDY-specific articles in Organizations/NGO's official

Encouraging employee and staff to participate in IDY competitions organized by MoA on MyGov platform (https://www.mygov.in/) such as photo contest, PM Yoga awards (https://innovateindia.mygov.in/pm-yoga-

## 6. Schools, Colleges and Universities

DY presents an occasion for all the Universities& their affiliated Colleges along with all the Schools to come forward and spread the message about the rewards of regular practice of Yoga among their students/employees/staff. Here are some suggested activities to reach out to all the students/employees/staff and induct them into the bissful world of Yoga:

- ٠ may be displayed prominently on their websites.
- ٠ ofAyush(email:vikramsingh-cea@gov.in).
- ٠ website.
- ٠ and ensuring maximum participation in the same.
- ٠
- Yoga experts, starting 3 weeks ahead of DY 2021.
- ٠ practice and adopt Yoga.

ssuing internal guidelines within the Organization/offices giving the background of the observation of International Day of Yoga (IDY 2021). This

Using your social media platforms to spread for latest updates and information about IDY. The required inputs can be easily accessed from the social media platforms of the MoA(links may be seen in Section F - Digital Resources For Yoga) and this can be shared on or adapted to your official social media platforms, as deemed fit. The Ministry would be happy to share creatives and other inputs in this regard, for which your point of contact would be Shri Vikram Singh, Director, Yoga and Naturopathy Cell, Ministry

Displaying IDY logo on your website and uploading guidelines for IDY observance and a list of digital resources (available in Section F) on your

Familiarizing the employee/staff with Common Yoga Protocol (CYP). Organising 5-day on line training programmes (one hour per day) on CYP

Circulating related material along with attached links to the digital resources (available in Section F), to all Departments, employees and partners, so that they can be further shared externally to raise awareness.

Organizing Yoga-related activities such as online lectures, workshops etc. by

Distributing Yoga attire, Yoga mats, and other Yoga related goodies duly having the logo of IDY 2021, to their staff, and encouraging everyone to



# COMMON YOGA PROTOCOL YOGA VOLUNTEER TRAINING (YVT)





Facebook.com/moAyush/ Facebook.com/mdniyayush

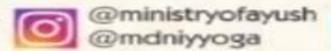
https://yoga.ayush.gov.in/

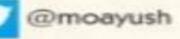


----- COURSE ------



Director MDU Director MDNIY



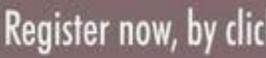




# Let Yoga's immense benefits brighten up every aspect of your life!

The last batch of CYP - Yoga Volunteer Training Course -Evening classes to start shortly.

> Date of commencement of course: 21 May 2021 Time: 6 PM onwards



Register now, by clicking on the link given in the caption.



# Ayush Virtual Convention Centre (AVCC), Ministry of Ayush in association with ASSOCHAM

# Sunday Discussion Series

Inaugural address by: Shri Kiren Rijiju Hon'ble Minister of State, Ministry of Youth Affairs and Sports and Minister (in-charge) Ministry of Ayush

Keynote Address by: Smt. Hansaji Jayadeva Yogendra Indian Yoga Guru

> Time: 10 AM onwards Date: 16 May 2021

Catch the live-streaming of the event on the Ministry of Ayush Facebook Page and YouTube



presents

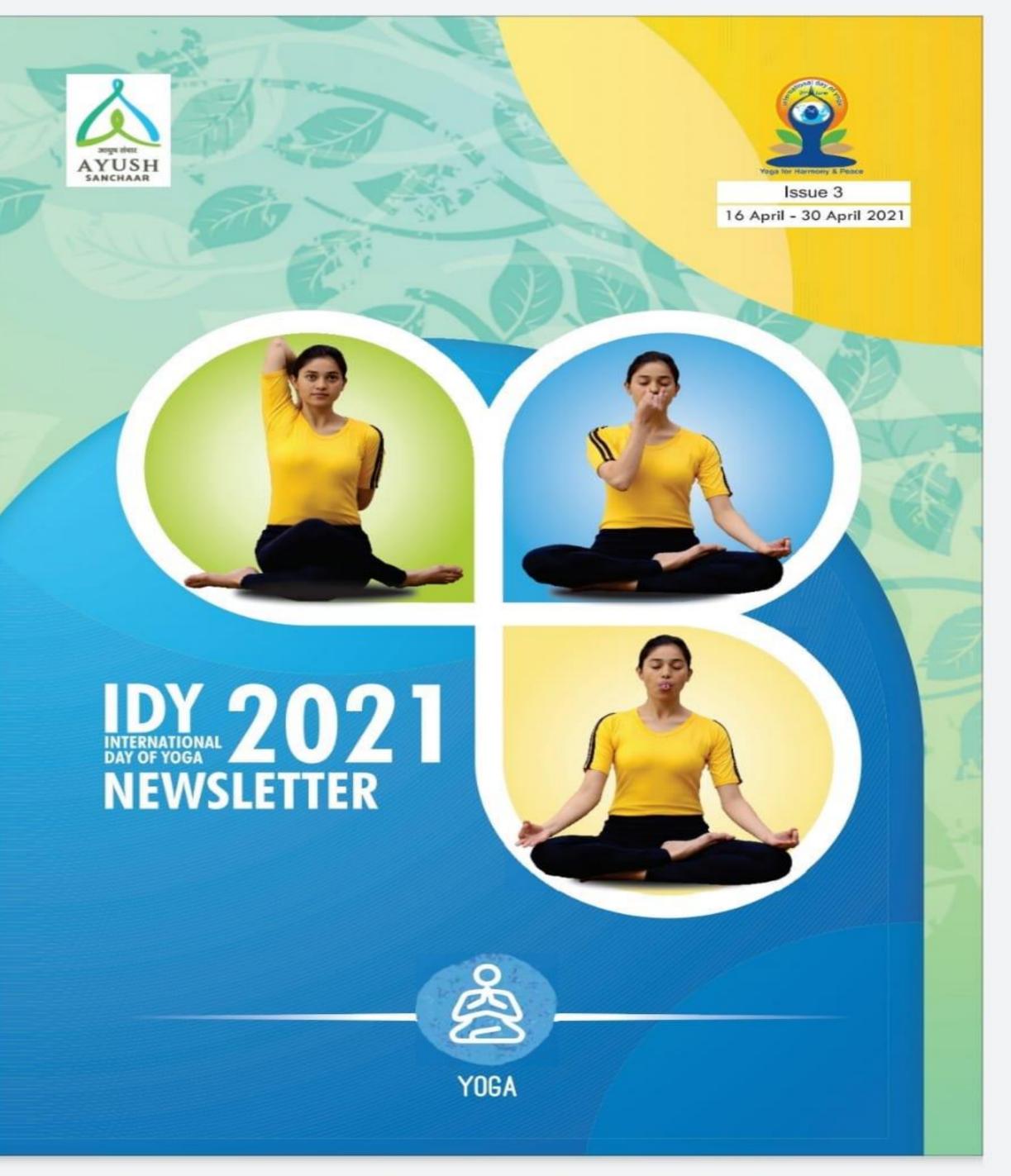
# International Day of Yoga - 2021



Felicitations: Shri P.N. Ranjit Kumar Joint Secretary, Ministry of AYUSH

Special Address by: Dr Ishwar V Basavaraddi **Director**, MDNIY

Thank You note by: Shri Deepak Sood Secretary-General ASSOCHAM







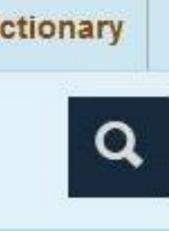
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Home Gallery The Yoga Billboard Yoga Ca





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|----------------------|------|------------------|-----------|----------------|-----------------------------|---------|
| alendar 2021         | News | Common Yoga      | n Protoco | l∓ Online      | • CYP Training <del>•</del> | IDY2021 |







Home Gallery The Yoga Billboard Yoga Ca

yearly basis.

| Yoga Calendar 2021 |                   |       |          |  |
|--------------------|-------------------|-------|----------|--|
| January            | February          | March | April    |  |
| May                | June              | July  | August   |  |
| September          | September October |       | December |  |

|              |      | T <sub>T</sub> ≁ | Siten             | nap   | Login/Register              | Yoga Dictio |
|--------------|------|------------------|-------------------|-------|-----------------------------|-------------|
| alendar 2021 | News | Common Yoga Prot | ocol <del>-</del> | Onlin | e CYP Training <del>-</del> | IDY2021     |





# Yoga Survey

## About

- practice of Yoga will be conducted
- <end date>

## How do laccess it?

By visiting the link: <insert link>





A short survey to understand people's perception and habits related to the

The survey will be available on the MyGov platform from <start date> to



# Yoga Quiz

## About

A short Quiz on - Yoga & history of IDY. Successful participants will receive certificates

Key dates: 1 May 2021 - 20 May 2021

How do laccess it? By visiting the link:



https://quiz.mygov.in/quiz/international-day-of-yoga-2021-quiz/



# **Discussion Forum**

### About

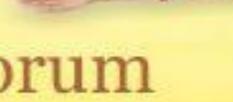
## Key dates

### How do laccessit?

By visiting this link <insert link>







 Where citizens can discuss the benefits and approaches to Yoga This would help provide the Ministry with ideas on launching new initiatives

Will be available on the MyGov platform from <start date> to <end date>



# Pledge

## About

## **Key dates**

## How do laccess it?

By visiting the link: <insertlink>







 A pledge to promote Yoga learning and its adoption will be launched Participants can provide details and take the pledge on the platform

Will be available on the MyGov platform from <start date> to <end date>



# Jingle Contest

## About

recording and a script in any Indian language

## **Key dates**

### How do laccess it?

By visiting the link: <insert link>





· A jingle contest will be organised where the participants will submit a

Will be available on the MyGov platform from <start date> to <end date>

# **Potential role of Ministries/Departments**

- Coordinated activities between Ministries and their bodies under one umbrella of IDY with common thematic branding- Be With Yoga Be At Home
- Inter-Ministerial coordinated Social Media campaigns.
- Sensitizing staff across all level on the importance of Yoga and leveraging existing networks and stakeholders to enhance penetration in rural areas such as through NSS, NCC, NYK.
- State and UT administrations counterparts can be roped in for various activities.
  Grantees and other beneficiaries of Ministries/ Departments can be encouraged to make efforts to support the various activities.





# Thanks

### <u>Minutes of the meeting with Nodal officers of Central Ministries/Departments, States &</u> <u>UTs held on 31.05.2021 under the Chairmanship of Shri P. N. Ranjit Kumar, Joint</u> <u>Secretary, Ministry of Ayush for the observation of 7<sup>th</sup>International Day of Yoga (IDY 2021)</u>

A virtual meeting with nodal officers of Central Ministries/Departments,States & Uts was held on the 31<sup>st</sup> of June under the Chairmanship of Shri P.N. Ranjit Kumar, Joint Secretary, Ministry of Ayush for the observation of the 7<sup>th</sup> International Day of Yoga (IDY) 2021.

2. Shri P.N. Ranjit Kumar, Joint Secretary, Ministry of Ayush welcomed all the participants and informed that this meeting is in continuation with the Inter-Ministerial Committee (IMC) meeting held under the chairmanship of Shri Kiren Rijiju, Hon'ble Ayush Minister on the 24<sup>th</sup> of May 2021. He highlighted that the purpose of the meeting was to get a gist of the work done by various Central Ministries/Departments, States& UT Governments for IDY 2021. He informed that, since the current situation issimilar to the last year, this year's event will also be held virtually.

3. Shri Vikram Singh, Director, Ministry of Ayush gave a PowerPoint presentation highlighting the indications about the plan for observing the 7<sup>th</sup> International Day of Yoga which includes information about the ongoing digital initiatives aimed at providing momentum to the preparations for IDY 2021 amidst the challenges of Covid.

4. The participants of the meetings shared their suggestions, ideas and experiences for the observation of the 7<sup>th</sup> International Day of Yoga. A summary of the discussions and action points which emerged are given below:

- i. Shri Prabhat Raj Tiwari, Director, Madhya Pradesh State Open School Education informed that in the State of Madhya Pradesh they have provided online Yoga training to more than 2 lakh home isolated COVID patients with the help of around 3500 qualified Yoga instructors. It was also informed mentioned that a post-COVID Yoga programme is also being planned for the masses.
- ii. Smt Caralyn Deshmukh, Principal Secretary, Department of Ayush, Madhya Pradesh informed that as per directions from the Hon'ble Chief Minister, Madhya Pradesh, a post-COVID "Yog se Nirog" karyakram is being designed with the modules focusing on depression, sleep disorders, breathing issues etc. which will start from 7<sup>th</sup>June 2021. A DO letter regarding the details of "Yog se Nirog" karyakram has been sent to the Secretary, Ayush. Further, an online platform has been created to provide Yoga trainings by volunteers to home-isolated COVID patients.
- iii. Shri M V Mallikarjun, Principle Director Ayush Office (FAC) informed that they have been running a CYP programme from 21<sup>st</sup> May 2021. He informed that by far they have conducted around 20 webinars on prevention, mitigation and rehabilitation from COVID-19 and have also started online training sessions on Yoga therapy for the same. Further, it was mentioned that due to great response they will also be launching their YouTube and Facebook channel for streaming of

these programmes, and will be looking forward to collaborating with the Ministry of Ayush for the same.

- iv. Shri V B Vedi, Sports, Youth & Cultural Activities Department, Gujarat informed that Gujarat State Yog Board had been created by Hon'ble Chief Minister in 2019. He informed that various Yoga programmes have been designed for COVID prevention and rehabilitation of the COVID patients. Also, Yoga classes at taluka and gramin level are being provided. They are also providing Yoga trainings with the help of Yoga coaches. A Yoga training course from 1<sup>st</sup> June 2021 to 21<sup>st</sup> June 2021will also be organized. Further, Yog pe Charcha programme will be organized in their districts, from 3 PM - 5 pm, from 1<sup>st</sup> June 2021 to 20<sup>th</sup> June 2021.
- v. Dr Yogita Munjal, Deputy Director (Ayush), Delhi informed that they have been providing virtual and physical Yoga training sessions in dedicated COVID care hospitals since 1<sup>st</sup> wave of pandemic. This year in collaboration with MDNIY posting of Yoga interns in COVID care hospitals and providing virtual sessions for home-isolated COVID patients has been taking place. Further, it was mentioned that they are also encouraging people who have completed 14 days isolation period to join post-COVID training sessions with the same Yoga coaches. They have also enrolled their staff for these Yoga sessions to relieve the stress and anxiety issues during this challenging time. Next, it was mentioned that they are conducting Ayush Samvaad by the medical officers under the Directorate of Ayush, to communicate the benefits of Yoga and how breathing exercises can be practiced at home.
- vi. Dr. Shaiju KS, District Program Manager, NAM, Trivandrum informed that they are planning to organise a webinar on career guidance in Yoga therapy. Also, a 12-hour continuous live Yoga programme on the theme "Be with Yoga, Be at Home" will be telecasted on their YouTube channel will be organized. Further, a 14 days online programme will be organized in Kerala covering all the 14 districts. Each day, one district will share the details of the Yoga-related activities undertaken by that district for IDY observation. The final day of the programme will be observed in Trivandrum on the IDY i.e. on the 21<sup>st</sup> June of 2021. Many other engaging activities will be undertaken, such as Yoga videos for non-communicable diseases, celebrities' testimonials, videos from the beneficiaries of Yoga and Naturopathy hospitals and online competitions.
- vii. Dr. S. Rajneesh, Principal Secretary, Kartnataka highlighted that this should be a year-long process and with the New Education Policy (NEP) all the schools and colleges can also be roped in. It was also mentioned that all the Yoga practitioners and teachers can be registered at one place, and a GIS link can be shared for the ease of people, to search nearby Yoga trainer/centres. She suggested that all the stadiums-district and taluka level, parks and school grounds can be made available on regular basis on weekends, for Yoga sessions. Further, the Ministry of Ayush can create a digital platform where Guinness' world record can be created, which will bring excitement among the

people, to come up and share their numbers, which in turn can help in increasing participation.

- viii. Dr. Sapna Nanda, Principal, Govt. College of Yoga Education and Health, Chandigarh informed that the curtain raiser event for their month-long programme was held on 24<sup>th</sup> May 2021 and on the same day they also began with a Surya Namaskar preparatory camp. She informed that a CYP camp will be starting from 1<sup>st</sup> June 2021. A 1-week national camp in collaboration with HP University has also been planned, which will have eminent speakers from across the country, followed by practical sessions. They are also planning to have inter-college competitions from 14<sup>th</sup> June to 17<sup>th</sup> June 2021, which will culminate with a national webinar. For IDY- 21<sup>st</sup> June 2021, there will be a CYP session followed by a pledge.
- ix. Dr. I. V. Basavaraddi, Director MDNIY informed that the CYP programme is available in 15 languages on the websites of Ministry of Ayush, MDNIY and YCB and if any technical assistance is needed regarding the IDY-related activities, stakeholders may write to MDNIY. Further, he informed that a fresh batch of 15 hours CYP programme is starting from the 1<sup>st</sup> of June 2021.Theparticipants registered on YCB will get an appreciation certificate for free and Yoga Volunteer Training certificate can be availed at a nominal charge of INR 100. Thereafter, he informed that if any assistance in terms of human resource is required, the Ministry can help in the same in coordination with the local organisations.
- x. Dr. S. Jayanthi, Director ISM&H, Puducherry informed that they will be uploading the CYP demonstration videos on their social media channels. They will be sharing this information with PHCs and CHCs to help spread awareness about the platforms for Yoga-related information and videos. Further, workshops will be organised from the 1<sup>st</sup> of June 2021, focussing on benefits of Yoga for geriatric patients, mental health, women health etc. In the coming weeks they are also planning to disseminate Yoga related information through DD and community radio channels.
- xi. Dr. Mohan Singh, Director Ayush, J&K informed that they have been offering Yoga sessions to the COVID patients and have have come up with Yoga courses for COVID prevention and rehabilitation. He mentioned that more than 200 Yoga instructors have been trained in J&K through MDNIY. These Yoga instructors will be utilized for disseminating Yoga training and information in the community. They have also prepared videos, and are organizing Yoga education sessions, seminars. Further, with Ayush Samvaad, doctors have been able to communicate with the general public, staff etc., regarding the benefits of Yoga.
- xii. Dr. Sangeeta Nehra, Director Ayush, Haryana informed that since 13<sup>th</sup> April 2021, every Monday to Thursday they have a live telecast of the CYP programme at 6 PM and from Friday to Sunday they have a session with Yoga and Naturopathy experts. She informed that the Yoga instructors have also been providing trainings and counselling in their post-COVID centres. Further, with their stakeholders, they are planning to come up with a programme on Facebook,

Twitter and YouTube channel, where short videos will be shared to increase the village level reach.

- xiii. Director Ayush, Tamil Nadu informed that Tamil Nadu government has established 177 Yoga &Naturopathy lifestyle clinics with trained Yoga instructors and utilising these resources, they are providing Yoga trainings for COVID patients. Further, it was mentioned that the Tamil Nadu Govt. drives to take Yoga to each family and each family member for which they have placed coordinators in all the villages. They could reach out to 40 lakh people last year with their 177 Yoga & Naturopathy lifestyle clinics. They have also received a great feedback for the CYP training programme and Yoga trainings organized specifically for doctors, nurses and healthcare providers.
- xiv. Shri T. Srinivas, Joint Secretary, Ministry of Steel suggested that there are more than 200 central public health undertakings and some kind of advisory can be issued from DPG for an enhanced effective. Further, it was suggested that an advisory from Ministry of Corporate Affairs can be effective for the involvement of private-sector companies/organisations.
- 5. The following action points were generally agreed upon in the discussion:
  - IDY 2021 will be observed by all stake-holders by encouraging one and all to practice the 45 minute-Common Yoga Protocol (CYP) at 7 am on the 21<sup>st</sup> of June 2021, as has been observed since 2015. The CYP practice will be done this year mostly at home and in a Covid-19 compliant way.
  - ii. The central message for this year's IDY will be 'Be With Yoga, Be At Home', and all stake holders will promote the same.
  - iii. Fresh batch of the CYP training programme will start from 1<sup>st</sup> June 202 and all the stake-holders are being encouraged to follow this programme. The programme will be made 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. All supporting institutions are requested to stream the same, or to publicise this information widely for the benefit of the public.
  - iv. Link for all the CYP related training materials is provided in the handbook shared with the stakeholders by the Ministry of Ayush. Further, all the participants will strive to disseminate the information among their staff, stakeholders and the public.
  - v. Link of the Google drive carrying IDY related contents like promotional creatives, infographics and short videos, will be shared with the Central Ministries/Departments, States & UTs who will use of these contents on their social media platforms.
  - vi. Ministry of Ayush will finalise a few hashtags for IDY 2021. These hashtags will be shared with all the stake-holders who will use these hashtags for the promotion of the IDY related events from their social media platforms.

- vii. For tracking the participation in IDY 2021, Google form will be shared with all the stakeholders 2-3 days before the 21<sup>st</sup> June 2021. All participants agreed to respond promptly to the same.
- viii. Link for the VC meeting scheduled with the social media teams of various Central Ministries/Departments, States and UTs will be shared with the nodal officers present in the meeting. The Nodal Officers will co-ordinate with the concerned people in their organisations for attending the scheduled meeting.

6. The Chairman concluded the meeting and requested the stakeholders to effectively use the social media platforms for the promotion of IDY-related activities and increased participation on 21<sup>st</sup>June 2021, and to ensure forwarding of participation data in the Google Form.

7 Shri Vikram Singh requested the stakeholders to share their opinions and suggestions along with activities/programmes via email. The meeting ended with a vote of thanks to the chair.

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