

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

Dated the 9th June, 2021

C I R C U L A R

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 31.05.2021 under the Chairmanship of Joint Secretary, Ministry of Ayush for the observation of 7th 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 / Officials of APTEL
6. Office Assistant (IT) for uploading the same on the Website of APTEL
7. Guard file



सत्यमेव जयते

Ministry of AYUSH

**Meeting of Nodal Officers of Ministries/ States &UTs
for
7th INTERNATIONAL DAY OF YOGA (IDY)**

10.30 AM 31.05.2021

International Day of Yoga (IDY)

- The UN General Assembly, on 11th December 2014, unanimously adopted a resolution for observing 21st 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.

1st & 2nd International Day of Yoga

- Harmonious Mass Yoga Demonstration on 1st IDY on 21st June, 2015 was organised at **Rajpath, New Delhi.**
- The Hon'ble PM has been leading the Yoga demonstration at the Main National Event of IDY every year.
- In 1st 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 lesson.
- The main event of 2nd IDY was organized at **Capitol Complex, Chandigarh.**
- Hon'ble Prime Minister declared two Awards- International and National Awards for outstanding contribution for promotion and development of Yoga.
- Different Ministries/ Departments and State/ UT's worked together to observe IDY in a befitting manner.

3rd & 4th International Day of Yoga

- Main event of 3rd IDY was organized at Ramabai Ambedkar Maidan, Lucknow.
- Pune's **Ramamani Iyengar Memorial Yoga Institute** was announced the winner of the 1st Prime Minister's Award for outstanding contribution to promotion and development of Yoga.
- Main event of 4th IDY was organized at FRI Grounds, Dehradun, Uttarakhand.
- **Shri Vishwas Vasant Mandlik** and **The Yoga Institute, Mumbai** were announced the winners of the 2nd 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.

5th International Day of Yoga

- Main event of 5th IDY was organized at **Prabhat Tara Maidan, Ranchi.**
- 4 winners announced for the 3rd 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.

6th International Day of Yoga

- Due to COVID-19, 'Yoga at Home, Yoga with Family' was adopted as the theme IDY, 2020
- 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 countries participated.
- Prominent celebrities from the entertainment industry gave promotional messages on Yoga, encouraging the people to be active participants from their homes in the IDY.

6th International Day of Yoga (Cont'd)

- Yoga gurus and experts delivered their discourses which were streamed live on social media by the Ministry of AYUSH.
- Common Service Centers (CSCs) of the Ministry of Electronics & IT were roped in for promotion of Yoga in rural areas.
- Daily telecast of the Common Yoga Protocol (CYP) was organized on DD Bharti for making more and more people familiar with CYP and preparing them for the main event.
- Total participation was estimated to be 13.18 crore, based on self-reported figures.

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.

The IDY Handbook

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

(For internal circulation only)



<https://yoga.ayush.gov.in/idy-2021>



Ministry of AYUSH
Government of India

April 2021

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3. Central Ministries/Departments and State/UT Administrations

IDY presents an occasion for all the Central Ministries and their Departments, as

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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 (IDY2021).
- Using your social media platforms to spread for latest updates and information about IDY. The required inputs can be easily accessed from the

- Issuing internal guidelines within the Organization/offices giving the background of the observance of International Day of Yoga (IDY2021).
- 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 of Ayush (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 Handbook, on your website.
- 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 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 practice and adopt Yoga.
- Publishing Yoga and IDY-specific articles in your official e-newsletter, bulletin, magazine etc.
- 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-awards/>) etc.

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
- 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**
- Encourage employees to participate in activities hosted on MyGov
- Be with Yoga Be At Home
- Record the participation on 21st June- **MoA will circular Google Form**
- Carry on activities beyond IDY.

2. Yoga Professionals

IDY 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:

- 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 online 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 21st June (CYP links may be seen in Section **F - Digital Resources For Yoga**).
- Efforts may be taken to organize other Yoga-related activities such as online lectures, workshops etc. by Yoga experts, to motivate people to participate in IDY. These may be scheduled to commence at least 3 weeks ahead of IDY 2021.
- Innovative efforts may be made to familiarize the general public with Common Yoga Protocol.
- Organizing of online training programs of 15-day duration (one hour per day) on CYP and motivating friends and acquaintances for maximum participation in the same is recommended.
- Yoga Professionals may disseminate information about the free IDY resources (links may be seen in Section **F - Digital Resources For Yoga**), IDY-activities and Common Yoga Protocol through their social media accounts tagging the Ministry.
- Yoga Professionals 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 on the MyGov platform (<https://www.mygov.in/>).

4. Yoga Organizations and NGOs

Yoga Organizations and NGOs, with their commitment and passion, 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:

- Issuing internal guidelines within the Organization/offices giving the background of the observance of the 7th 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 of Ayush (email: vikramsingh-cea@gov.in).
- Displaying IDY logo on your website and uploading guidelines for IDY observance and a list of digital resources (available in **Section F**) on your website.
- Familiarizing the employee/staff with Common Yoga Protocol (CYP). Organising 15-day online training programmes (one hour per day) on CYP and ensuring maximum participation in the same, in a COVID-19 compliant manner (CYP links 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 practice and adopt Yoga.
- Publishing Yoga and IDY-specific articles in Organizations/NGO's official e-newsletter, bulletin, magazine etc.
- 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-awards/>) etc.

6. Schools, Colleges and Universities

IDY 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 blissful world of Yoga:

- Issuing internal guidelines within the Organization/offices giving the background of the observation of International Day of Yoga (IDY 2021). 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 of Ayush (email: vikramsingh-cea@gov.in).
- Displaying IDY logo on your website and uploading guidelines for IDY observance and a list of digital resources (available in **Section F**) on your website.
- Familiarizing the employee/staff with Common Yoga Protocol (CYP). Organising 15-day online training programmes (one hour per day) on CYP and ensuring maximum participation in the same.
- 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 Yoga experts, starting 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 practice and adopt Yoga.



COMMON YOGA PROTOCOL

YOGA VOLUNTEER TRAINING (YVT)
———— COURSE ————



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.



आयुष आभासी सम्मेलन केंद्र
Ayush Virtual
Convention Centre



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



International Day of Yoga - 2021



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

Felicitations:

Shri P.N. Ranjit Kumar

Joint Secretary,
Ministry of AYUSH

Special Address by:

Dr Ishwar V Basavaraddi

Director, MDNIY

Keynote Address by:

Smt. Hansaji Jayadeva Yogendra

Indian Yoga Guru

Thank You note by:

Shri Deepak Sood

Secretary-General ASSOCHAM

Date: 16 May 2021 | Time: 10 AM onwards

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



Issue 3
16 April - 30 April 2021



INTERNATIONAL DAY OF YOGA 2021

NEWSLETTER



YOGA





yearly basis.

Yoga Calendar 2021

January

February

March

April

May

June

July

August

September

October

November

December



my
GOV
मेरी सरकार



Yoga Survey

About

- A short survey to understand people's perception and habits related to the practice of Yoga will be conducted
- The survey will be available on the MyGov platform from <start date> to <end date>

How do I access it?

By visiting the link: <insert link>



my
GOV
मेरी सरकार



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 I access it?

By visiting the link:

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





my
GOV
मेरी सरकार



Discussion Forum

About

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

Key dates

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

How do I access it?

- By visiting this link <insert link>



my
GOV
मेरी सरकार



Pledge

About

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

Key dates

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

How do I access it?

- By visiting the link: <insert link>



my
GOV
मेरी सरकार



Jingle Contest

About

- A jingle contest will be organised where the participants will submit a recording and a script in any Indian language

Key dates

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

How do I access it?

- By visiting the link: <insert link>

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

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

A virtual meeting with nodal officers of Central Ministries/Departments, States & Uts was held on the 31st of June under the Chairmanship of Shri P.N. Ranjit Kumar, Joint Secretary, Ministry of Ayush for the observation of the 7th 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 24th 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 is similar 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 7th 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 7th 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 7th 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 21st 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 gram level are being provided. They are also providing Yoga trainings with the help of Yoga coaches. A Yoga training course from 1st June 2021 to 21st June 2021 will also be organized. Further, Yog pe Charcha programme will be organized in their districts, from 3 PM - 5 pm, from 1st June 2021 to 20th 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 1st 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 21st 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, Karnataka 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 24th 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 1st 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 14th June to 17th June 2021, which will culminate with a national webinar. For IDY- 21st 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 1st of June 2021. The participants 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 1st 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 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 13th 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:
- i. 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 21st 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 1st 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 21st 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 21st 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.
