

No.26011/21(1)/2016-Coord.
Government of India
Ministry of Chemicals & Fertilizers
Department of Fertilizers

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Shastri Bhavan, New Delhi
Dated 10th June, 2021

OFFICE MEMORANDUM

Subject:- Observance of “7th International Day of Yoga(IDY)” on 21.06.2021.

The undersigned directed to say that every year 21st June is observed as “International Day of Yoga (IDY)” as United Nations General Assembly (UNGA) had taken a historic decision in 2014 to declare the 21st June as the International Day of Yoga. Taking cognizance of the current pandemic situation, it is not advisable to organize events that require congregation of people for observing IDY 2021. Therefore, it is advised that maximum use of digital, virtual and electronic platform be made this year and observe IDY 2021 by doing the Common Yoga Protocol (CYP) at home with their families on **21st June 2021**. In this connection, Agenda as well as Minutes of a Meeting of Nodal Officers of the different Ministries and State Governments under the Chairmanship of Joint Secretary, Ministry of Ayush was held on 31.05.2021 on observance of 7th IDY-2021 in enclosed (**Annexure-I & II**).

2. All Officers and Staff of the Department of Fertilizers/FICC are, therefore, requested to observe 7th International Day of Yoga on 21.06.2021 by using **Common Yoga Protocol (CYP)** in accordance with the instructions contained in the Minutes of Ministry of Ayush.

“Be with Yoga, Be at Home!”

Encl: As above

(Pankaj Kumar)
Assistant Director (PMI/Coord.)

Distribution:-

1. All Officers/staff of the Department of Fertilizers
2. ED(FICC), R.K. Puram, New Delhi.
3. PS to Hon'ble Minister(C&F)/MOS(C&F)
4. PSO to Secretary(Fert.).
5. Sr. Tech. Director(NIC) – with the request to upload Department of Fertilizers's website.
6. NIC – with the request to upload in e-Office Notice Board.

Annexure-I

Ministry of Ayush

Nodal officers of Ministries and State Governments Meeting on IDY-2021

10.30 am on 31.05.2021

Agenda

The objective of the meeting of Nodal officers for observation is to provide an impetus to the ongoing efforts and initiatives of different stakeholders, aimed at making 7th International Day of Yoga (IDY) 2021 a grand success and explore how collective effort can be undertaken in this regard.

The draft agenda for the meeting is proposed as below:

1. Welcome
2. Introductory remarks by Joint Secretary, MoAyush
3. Presentation on the background of IDY & approach for IDY 2021
4. Inputs from the various Ministries and state Government Nodal officers /representative for IDY – 2021(Discussion Forum)
5. Conclusion

IDY-2021

Background Note

1. The rewards of Yoga for disease prevention and health promotion are well known. They have acquired special significance against the backdrop of Covid-19. The International Day of Yoga 2021 presents an occasion to underline the health benefits of Yoga, and motivate the public to take up the pursuit of Yoga.
2. Taking cognizance of the current situation, it is not advisable to organize events that require congregation of people for observing IDY 2021. Therefore, it is advised that maximum use of digital, virtual and electronic platform be made this year. All stakeholders are invited to take up messaging to the public by highlighting the importance and contribution of IDY to public health, and encouraging the people to observe IDY 2021 by doing the Common Yoga Protocol (CYP) at home with their families, on **21st June 2021**. For this, the message ***"Be with Yoga, Be at Home!"*** can be sent out as much stakeholders as possible.
3. An ***"IDY Handbook"*** (https://yoga.ayush.gov.in/public/assets/IDY_ebook.pdf) has been developed by Ministry of AYUSH keeping in mind the current pandemic situation – lending focus predominantly on mobilization activities in the online/virtual mode. In addition to bringing back the key message of following COVID Appropriate Behaviour (CAB) to ensure personal health and wellbeing, these activities can be undertaken through digital media. The Handbook, through the standardization of activities will help to strengthen the collaborations among different stakeholders in organizing activities for IDY 2021.
4. IDY presents an occasion for all the Central Ministries and their Departments, State and UT Administrations, Yoga Organizations and Voluntary Organizations, to come

forward and spread the message about gains from the regular practice of Yoga. With their commitment and passion, all these organizations can play an important role in making IDY an effective national movement for health and wellness.

5. Stake-holders are requested to reach out to individuals and other organizations 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. 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 M/o AYUSH and this can be shared on or adapted to the official social media platforms, as deemed fit.
- Displaying IDY logo on the website and uploading guidelines for IDY observance on the 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 (MDNIY), an autonomous institute under M/o AYUSH may be widely publicized among the public and the staff. Organising online training programmes on CYP and ensuring maximum participation in the same, in a COVID-19 compliant manner can be considered.
- Circulating related materials 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.
- 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 the official e-newsletters, bulletins, magazines etc.
- Encouraging employee and staff to participate in IDY activities organized by M/o AYUSH on MyGov platform (<https://www.mygov.in/>).
- Organising CYP workshops in association with other organizations, involving Yoga experts, subject to COVID-19 guidelines.
- Planning long term activities related to Yoga, so that the impact of IDY-related mobilization goes on well beyond 21st June 2021.
- Some online competitions like quiz, essays etcon Yoga-theme may also be organized to create interest among the volunteers/employees/public, especially among the younger generation.
- Depending on the local circumstances, people may be encouraged to participate in IDY 2021 from their homes contingent on the COVID-19 related Government guidelines on the management of the pandemic, especially on physical distancing norms and the use of basic protective measures such as masks and sanitizers etc.

ANNEXURE-II

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 7th International 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 noncommunicable 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 1 st 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 1 st 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.
