

International Yoga Day, 2021

As you are aware, at the initiative of the Hon'ble Prime Minister the United Nations General Assembly had taken a historical decision in 2014 to declare the 21st June as the International Day of Yoga. Since then, this day has been observed all over the world with considerable zeal and vigour. This world wide acceptance of yoga is a matter of pride for our country, as yoga is an integral part of our cultural heritage. There is immense potential to utilize this occasion to remind people across the globe about the benefits of yoga.

2. 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. Theme for the International Yoga Day, 2021 is **“Yoga for Wellness”**.

3. Taking cognizance of the current situation, while it may not be advisable to organize events that require congregation of people for observing IDY 2021, maximum use of digital, virtual and electronic platform may be made to celebrate the International Day of Yoga this year. All stake-holders 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.

4. 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.

5. Virtual Training Sessions are being offered by Moraraji Desai National Institute of Yoga(MDNIY) which can be attended. Employees and staff are also requested to participate in IDY activities organized by Ministry of Ayush at MyGov platform (<https://www.mygov.in>).
