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रक्षा मंत्रालय
MINISTRY OF DEFENCE
सं स एवं मुख्य प्रशासन अधिकारी कार्यालय
(Office of the JS & CAO)

Celebration of International Day of Yoga on 21st June, 2021-reg.

Reference MoD/D(Welfare) ID No. 110011/03/2021-D(Welfare), dated 09.06.2021 on the above subject (Copy enclosed).

2. A detailed action plan in r/o CAO's office to celebrate IDY-2021 is forwarded herewith as Annexure 'A' to this Note for info and necessary action by the concerned Division/Section, please.

3. This has the approval of Dir(DCW & Trg).


For (Tarun Kumar Singh)
Dy Dir, CAO(Coord)

Encls: As Stated Above

DHTI
CAO/EDP
CAO/Welfare

MoD/JS & CAO ID No. A/13678/Yoga Day/CAO/Coord dt 14 June 2021

Annexure – A

(Refers to letter No. A/13678/Yoga Day/CAO/Coord dated 14 June 2021)

Action Plan for IDY-2021 in r/o CAO's Office

| Sl No. | Activity | Organizing Div/Section |
|--------|---|------------------------|
| 1. | Displaying IDY logo and uploading guidelines for IDY observance on CAO's official website. | CAO/EDP |
| 2. | Familiarizing the employees with Common Yoga Protocol (CYP) and information about the quality digital training resources and daily virtual training sessions being offered by the Morarji Desai National Institute of Yoga (MDNIY). | CAO/Coord |
| 3. | Publishing Yoga and IDY-specific articles in CAO's official magazine 'Traimasiki'. | CAO/Welfare |
| 4. | Organizing online quiz, lecture, workshop etc. on the theme of IDY 2021. | DHTI |

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MOST IMMEDIATE

Ministry of Defence
D(Welfare)

Subject: - Celebration of International Day of Yoga on 21st June, 2021-reg.

In continuation of D(Welfare) Section's ID Note of even number dated 26.03.2021 on the captioned subject please find attached the Background Note sent by Ministry of AYUSH in connection with celebration of IDY-2021. It is requested that necessary action may be taken as proposed in the Background Note for making IDY-2021 a grand success.

2. This may kindly be accorded Priority.

Encl: As above


9/6/2021
(Arvind Kumar)

Under Secretary(Welfare)
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Email: usparl_def@nic.in

JS(Coord/Plg) & CAO JS(Lands), JS(E/Trg.), JS(AF),
JS(BRO/Cer), JS(IC) JS & CVO (MES/BR)
JS & AM(Air) JS & AM(LS) JS & AM(MS)
Addl. FA(RK) & JS : in r/o Defence Finance
JS(Coord & Parl Matters) : in r/o DMA
DG(R&M) : in r/o DRDO
JS(P&C) : in r/o DDP
JS(ESW) : in r/o DESW

MoD I.D No. 11011/03/2021-D(Welfare), dated 09.06.2021

Copy to:

- (i) SO to Defence Secretary
- (ii) DA to CDS & Secretary, DMA
- (iii) PPS to Secretary(DDP)
- (iv) PPS to Secretary(ESW)
- (v) TA to Secretary(DR&D)
- (vi) PPS to Spl. Secretary
- (vii) PPS to FA(DS)
- (viii) PPS to AS(NSV) - has seen JS(Coord)
- (ix) PPS to Addl. Secy & DG(Acq)


DS(Parl)

....2/-

DW(Land)

✓ DW(DCW & F)

IDY-2021

Inter-Ministerial Committee Meeting on IDY-2021 on 24.05.2021

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 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**. For this, the message ***“Be with Yoga, Be at Home!”*** can be sent out as much stakeholders as possible.
3. An ***“IDY Handbook”*** 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.

