

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 14.06.2021, 15.06.2021 and 09.06.2021(Copy enclosed).

2. Due to pandemic situation, IDY-2021 is being observed in virtual/televised mode. This year, thematic message for IDY-2021 is #BeWithYogaBeAtHome. A digital yoga campaign is being coordinated on Facebook/Instagram and Twitter in the form of 10 days digital countdown program with an objective to take the positive message of Yoga and IDY to all fellow countrymen in this period of distress.

3. It is requested to all employees of CAO's office to take part in digital Yoga campaign and to follow the below mentioned hastags on Instagram:

#BeWithYogaBeAtHome
#IDY2021
#YogaForAll
#YogaForHealth

4. One of the important components for celebration of Yoga Day is taking Yoga Pledge. The Yoga Pledge is available online at <https://yoga.ayush.gov.in>. All officers/ officials of CAO's office are requested to take Yoga Pledge online.

5. It is also intimated that information about 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.

6. The above information may please be disseminated further to the officials under your administrative control.


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

Encls: As Stated Above

All Dy CAOs in CAO's office/Dir DHTI
All Dy Dir in CAO's office

MoD/JS & CAO ID No. A/13678/Yoga Day/CAO/Coord dt 16 June 2021

Copy to:-

Sr PPS to JS & CAO
PS to Dir (HR)
PS to Dir (E&A)
PA to Dir (Spl Proj & Works)
PA to Dir (DCW & Trg)

CAO/EDP - For uploading on CAO's website

1/A

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)

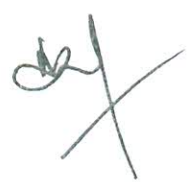
Under Secretary(Welfare)
Tele: 2301 0646/ 2301 2560
Email: usparl_def@nic.in

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)

Dur (Coord)

✓ D/W (DCW & P)

....2/-

1890
09/6/21

JS (Coord/Plg) & CAO Sectt.
Dy. No. 1713
Date 09.06.2021

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.

