



केन्द्रीय भण्डारण निगम  
(भारत सरकार का उपक्रम)  
CENTRAL WAREHOUSING CORPORATION  
(A Govt. of India Undertaking)  
जन-जन के लिए भण्डारण/Warehousing for Everyone



No:CWC/CO/Admn/IDY/21-22

Date : 16.06.2021

All Regional Manager,  
Central Warehousing Corporation  
Regional Offices  
Jaipur ,Bhopal, Lucknow, Delhi, Chandigarh ,Ahmedabad, Patna, Kolkata,  
Guwahati, Hyderabad, Kochi, Chennai, Mumbai, Bangalore

**Subject: Observance of 7<sup>th</sup> International Day of Yoga (IDY) 2021.... Reg.**

Sir,

On the Apropos subject, DPE vide OM No: A-42011/21/2015-Admn dated 15.06.2021 (Copy enclosed) issued instructions towards Observance of 7<sup>th</sup> International Day of Yoga (IDY) 2021 based on theme **“Yoga for Wellbeing.”**

It is requested that Regional Offices are to undertake the activities as prescribed in the Annexure-I in their Regions while following covid-19 appropriate behavior guidelines and submit the action taken report after competition of the event by 22.06.2021 to this office positively in order to submit the consolidated report to the DPE.

Submitted for your kind information.

Enclosed: as above

Your Faithfully  
Amrish  
Gautam  
Digitally signed by  
Amrish Gautam  
Date: 2021.06.17  
11:39:39 +05'30'  
Amrish Gautam  
DGM(Admn)

Copy to

- The HoDs,CWC,CO,Delhi for the kind information.
- PS to MD/PS to Dir(Fin)/PS to Dir(Pers)/PS to Dir(Mcp)/PA to CVO.

निगमित कार्यालय: 4/1, सीरी इंस्टीट्यूशनल एरिया, अगस्त क्रांति मार्ग, हौज़ खास, नई दिल्ली -  
110016

CO: 4/1, Siri Institutional Area, August Kranti Marg, Hauz Khas, New Delhi-110016  
टेलिफोन/Landline:011-26515178, ई-मेल/Email: gmpers@cewacor.nic.in

No.A-42011/21/2015-Admn.  
Government of India  
Ministry of Heavy Industries & Public Enterprises  
Department of Public Enterprises

Block No.14, CGO Complex,  
Lodi Road, New Delhi – 110003  
Dated the 15<sup>th</sup> June, 2021

**OFFICE MEMORANDUM**

**Subject:- Observance of 7<sup>th</sup> International Day of Yoga (IDY) 2021 – reg.**

As you are aware that 21<sup>st</sup> of June is being observed as International Day of Yoga (IDY) every year since the historic decision by United Nations General Assembly (UNGA) in its session in 2014. Ministry of AYUSH, with the objective of building public interest in Yoga and to highlight its importance and contribution towards improving public health and emotional wellness has circulated detailed guidelines as a run up to forthcoming IDY 2021. These guidelines (**Annexure I**) provide details of the activities which can be undertaken by various organisations in connection with IDY 2021. Ministry of AYUSH has also provided links to Common Yoga Protocol (CYP) in English, Hindi and other regional languages and links to various other digital resources for yoga Annexure-II & Annexure-III.

2. Based on the guidelines of Ministry of AYUSH, the CPSEs are requested to comply with the following action points to make IDY 2021 a grand success:

- i) All the CPSEs may prominently display the logo of IDY 2021 and the links to CYP and Digital Resources for Yoga on their websites.
- ii) The links to CYP and Digital Resources for Yoga may also be disseminated through the social media platform (twitter etc.) of the CPSEs.
- iii) All the employees and staff members should be made aware of CYP and may be encouraged to practice Yoga at 7 am on IDY 2021 so that the maximum participation of staff can be ensured in the same.
- iv) All employees and staff may be encouraged to join the online training programmes as per the guidelines of Ministry of AYUSH.
- v) Distribution of Yoga Attire, Yoga mats and other Yoga related articles may be undertaken by the CPSEs for encouraging all the staff to participate in the IDY 2021 in full strength.

- vi) online lectures, workshops, etc. by Yoga experts for the staff may be organised.
- vii) The staff and employees may be encouraged to participate in various competitions organized by Ministry of AYUSH on MyGov platform (<https://www.mygov.in/>) in connection with IDY 2021.
- viii) Similar competitions such as quiz, essays, poster making, slogans etc on Yoga theme, may also be organized by CPSE also for its employees.

3. It is further, informed that the activities mentioned above may be undertaken while complying the government guidelines on prevention of COVID 19 and following physical distancing norms and other basic protective measures such as masks and sanitizers, etc.

4. It may be noted that activities may not be restricted to IDY 2021 and infact may be weaved into an ongoing exercise. For instance activities as at 2 (iv) and 2 (vi) to 2(viii) could be planned in such a manner. The pictures / videos of IDY-2021 related activities may be forwarded by CPSEs to DPE on [webupdate-dpe@nic.in](mailto:webupdate-dpe@nic.in)

Encl : Annexure-I, II & III.

(Pavanesh Kr Sharma)  
DY Secretary to the Govt. of India  
T.No.24366820

CMDs of all CPSEs.

## APPENDIX 2

### Appendix 2.1: Guidelines for Observing IDY 2021

IDY presents an occasion for all the stake-holding institutions of the Government to come forward and spread the message about the rewards of regular practice of Yoga among their staff and students. Here are some suggested activities to reach out to all the staff and students, and induct them into the blissful world of Yoga:

- Issuing internal guidelines within the Ministry/ institution, giving a background about the observation of the 7<sup>th</sup> International Day of Yoga i.e. This may be displayed prominently on your website.
- 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 **Appendix 2.2 - 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 (E-mail: [vikramsingh-cea@gov.in](mailto:vikramsingh-cea@gov.in), Phone: 011-24656863).
- Displaying IDY logo on the website and uploading guidelines for IDY observance and a list of digital resources (available in **Appendix 2.2 - Digital Resources For Yoga**) on your website.
- Familiarizing the members of the Ministry/ institution 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 **Appendix 2.2 - Digital Resources For Yoga**), to all the departments, partners and members of the Ministry, 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 the members of your institution, and encouraging everyone to practice and adopt Yoga.
- Publishing Yoga and IDY-specific articles in the institution's official e-newsletter, bulletin, magazine etc.
- Encouraging the members of your institution to participate in IDY competitions organized by MoA on MyGov platform (<https://www.mygov.in/>) such as IDY Jingle Contest (<https://www.mygov.in/task/international-day-yoga-2021-jingle-contest/>), IDY Quiz (<https://quiz.mygov.in/quiz/international-day-of-yoga-2021-quiz/>), IDY Survey/Poll etc.
- Organising CYP workshops in association with NGOs involving Yoga experts, in a COVID-19 compliant manner.

- Some online competitions on Yoga-theme, like quiz, essays etc. may also be organized to create interest among the members of your institution.
- Depending on the local circumstances, the staff/ stake-holders of the Ministry may be encouraged to participate in IDY 2021 from their homes or in small gatherings, contingent on the COVID-19 related Government guidelines on the management of the pandemic – especially physical distancing norms and the use of basic protective measures such as masks and sanitizers etc.

**Appendix 2.2: Digital Resources for Yoga**

**a) CYP Videos (Hindi, English and 14 Regional Languages)**

S. No.	IDY Videos – Common Yoga Protocol	YouTube Video Links
1.	International Day of Yoga 2019   Common Yoga Protocol - HINDI	<a href="https://www.youtube.com/watch?v=wgiZ_LyNLRw">https://www.youtube.com/watch?v=wgiZ_LyNLRw</a>
2.	International Day of Yoga 2019   Common Yoga Protocol- ENGLISH	<a href="https://www.youtube.com/watch?v=K-GJh9GeOxE">https://www.youtube.com/watch?v=K-GJh9GeOxE</a>
3.	Common Yoga Protocol- Manipuri, International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=iOGza5C9YhI">https://www.youtube.com/watch?v=iOGza5C9YhI</a>
4.	Common Yoga Protocol-Kannada, International Day of Yoga – 2016	<a href="https://www.youtube.com/watch?v=k5W4sR7Ercs">https://www.youtube.com/watch?v=k5W4sR7Ercs</a>
5.	Common Yoga Protocol- Sanskrit, International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=KYDVngTkslo">https://www.youtube.com/watch?v=KYDVngTkslo</a>
6.	Common Yoga Protocol-Marathi, International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=JNvyqnlOYTY">https://www.youtube.com/watch?v=JNvyqnlOYTY</a>
7.	Common Yoga Protocol- Malayalam, International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=ijjQAw-XO8">https://www.youtube.com/watch?v=ijjQAw-XO8</a>
8.	Common Yoga Protocol-Bengali, International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=oUIZzBbXzU">https://www.youtube.com/watch?v=oUIZzBbXzU</a>
9.	Common Yoga Protocol- Kashmiri, International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=06h8Prlon3Y">https://www.youtube.com/watch?v=06h8Prlon3Y</a>
10.	Common Yoga Protocol-Tamil, International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=x_d3Ay7iy3c">https://www.youtube.com/watch?v=x_d3Ay7iy3c</a>
11.	Common Yoga Protocol-Urdu, International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=PWwp4KDQRwQ">https://www.youtube.com/watch?v=PWwp4KDQRwQ</a>
12.	Common Yoga Protocol-Telgu, International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=hKUqsrAXC34">https://www.youtube.com/watch?v=hKUqsrAXC34</a>

13.	Common Yoga Protocol-Assamese, International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=PEkxjWdNUU0">https://www.youtube.com/watch?v=PEkxjWdNUU0</a>
14.	Common Yoga Protocol-Punjabi (Full Version), International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=LK4ZoeTKOdY">https://www.youtube.com/watch?v=LK4ZoeTKOdY</a>
15.	Common Yoga Protocol-Oriya (full version), International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=sgEHmSMCgt4">https://www.youtube.com/watch?v=sgEHmSMCgt4</a>
16.	Common Yoga Protocol-Gujarati (Full Version), International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=0Bsb01XaCfc">https://www.youtube.com/watch?v=0Bsb01XaCfc</a>
17.	YouTube channel of the Director of MDNIY	<a href="#">Director Mdniy - YouTube</a>

## b) Links of MoA's Website, Social Media Platforms and Institutions

S. No.	Ministry Of Ayush/ Institutes	Website Links
1.	Ministry of Ayush Website	<a href="https://main.ayush.gov.in/">https://main.ayush.gov.in/</a>
2.	Yoga Portal – Ministry of Ayush	<a href="https://yoga.ayush.gov.in/yoga/">https://yoga.ayush.gov.in/yoga/</a>
3.	Ministry of Ayush – YouTube Channel	<a href="https://www.youtube.com/channel/UCqRR2gs-I3zrNcE4so4TpgQ">https://www.youtube.com/channel/UCqRR2gs-I3zrNcE4so4TpgQ</a>
4.	Ministry of Ayush – Facebook Page	<a href="https://www.facebook.com/moayush/">https://www.facebook.com/moayush/</a>
5.	Ministry of Ayush – Twitter	<a href="https://twitter.com/moayush">https://twitter.com/moayush</a>
6.	Ministry of Ayush – Instagram	<a href="https://www.instagram.com/ministryofayush/?hl=en">https://www.instagram.com/ministryofayush/?hl=en</a>
7.	Morarji Desai National Institute of Yoga (MDNIY)	<a href="http://www.yogamdniy.nic.in/">http://www.yogamdniy.nic.in/</a>
8.	Central Council for Research in Yoga & Naturopathy (CCRYN)	<a href="http://ccryn.gov.in/">http://ccryn.gov.in/</a>
9.	National Institute of Naturopathy (NIN), Pune	<a href="http://punenin.org/index.htm">http://punenin.org/index.htm</a>