

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 7th 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, 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.