



Government of India  
Ministry of AYUSH



Dear friend,

Greetings from the Ministry of AYUSH, Government of India. It is a privilege to write to you against the backdrop of the International Day of Yoga (IDY) -2020, which is just a few days away.

Many of our fellow-citizens have been asking this question of late: I want to be a part of IDY -2020; but what should I do for it? This message tries to clarify the position.

Yoga is an invaluable ancient Indian practice with numerous benefits to both physical and mental health. Given the context of the current COVID-19 pandemic including restrictions on the movement of people and a slowdown in economic activity, the benefits offered by Yoga have become especially important for physical and mental wellbeing. Of particular importance are its proven benefits on general health and immunity enhancement, along with its globally accepted role as a stress buster.

The mass performance of the Common Yoga Protocol (CYP)—one of the most popular Yoga programmes across the world—will remain at the heart of the International Day of Yoga (IDY) like always, but this year IDY will be observed in a non-congregative manner. Therefore, you and your family are requested to join thousands of others on this day from your respective homes by doing the 45- minute long CYP drill at 7.00 AM on 21st June 2020. It is designed to be easily adoptable by the majority of the people irrespective of age and gender, and can be learnt through simple training sessions, even through online classes (individuals facing health issues are advised to consult a physician before taking up Yoga practice)..

To make the observation of IDY at home possible, the Ministry of AYUSH and other stakeholders have been running multiple training programmes on Yoga and CYP. You may follow the Ministry's social media handles for additional details. Announcement on specific activities for 21st June 2020 will also be made available on these channels as we approach the IDY. Please use the attached resources in preparing yourself and your family for IDY 2020. If you are already trained in CYP, please start teaching the same to your family members.

As June 21st is just a few days away. Prepare yourself and be there to do Yoga with the world. See you at 7.00 AM on 21st June 2020.

Warm regards,  
PN Ranjit Kumar, Joint Secretary, Ministry of AYUSH

 <https://main.ayush.gov.in/>

 <https://yoga.ayush.gov.in/yoga/>

 <https://www.facebook.com/moayush/>

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 <https://www.instagram.com/ministryofayush/?hl=en>

 <https://www.youtube.com/c/MinistryofAYUSHOfficial>

 <http://www.yogamdniy.nic.in/>

 <http://ccryn.gov.in/>

 <http://punenin.org/index.htm>

 <https://www.youtube.com/watch?v=K-GJh9GeOxE>

 [https://www.youtube.com/watch?v=wgjZ\\_LyNLRw](https://www.youtube.com/watch?v=wgjZ_LyNLRw)