

वैज्ञानिक तथा औद्योगिक अनुसंधान परिषद  
COUNCIL OF SCIENTIFIC & INDUSTRIAL RESEARCH  
अनुसंधान भवन, 2 रफी मार्ग, नई दिल्ली-110001  
Anusandhan Bhawan, 2, Rafi Marg, New Delhi-110001



सा./No.: 5-1(17)/2008-PD

दिनांक/Dated: 10.06.2019

प्रेषक / From:

संयुक्त सचिव (प्रशासन)  
Joint Secretary (Admn.)

सेवा में / To :

सी.एस.आई.आर के सभी राष्ट्रीय प्रयोगशालों/संस्थाओं/इकाईयों के निदेशक/प्रमुख  
The Directors/Heads of all National Labs./Instts./Units of CSIR

विषय: 21 जून, 2019 को 5 वें अंतर्राष्ट्रीय योग दिवस को मनाने के संबंध में

Sub: Observance of 5th International Yoga Day on 21<sup>st</sup> June, 2019 – reg.

महोदय/Sir / महोदया/Madam,

मुझे सचिव, भारत सरकार, आयुर्वेद, योग व प्राकृतिक चिकित्सा, यूनानी, सिद्ध, सोवा रिग्पा एवं होम्योपैथी (आयुष) मंत्रालय के दिनांक 30.05.2019 के अर्धशासकीय पत्र सं. M-16011/15/2019-Y&N (Pt.I) एवं दिनांक 03.05.2019 के अर्धशासकीय पत्र सं. M-16030/15/2019-Y&N को आपकी जानकारी, मार्गदर्शन और अनुपालन के लिए अग्रेषित करने का निदेश हुआ है।

I am directed to forward herewith D.O letter No. M-16011/15/2019-Y&N (Pt.I) dated 30.05.2019 and No. M-16030/15/2019-Y&N dated 03.05.2019 received from Secretary, Ministry of Ayurveda, Yoga & Naturopathy, Unani, Siddha, Sowa-Rigpa and Homoeopathy (AYUSH), Govt. of India for information, guidance and compliance.

भवदीय/Yours faithfully,

(संतोष कुमार / Santosh Kumar)

अनु.अधि.(नीति अनुभाग)/Section Officer (PD)

संलग्न/Encl. : यथोपरि/As above

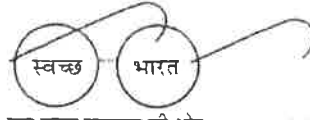
प्रतिलिपि/Copy to:

- 1) प्रमुख, आईटी डिवीजन - इस सर्कुलर पत्र को वेबसाइट और नीति रिपोजिटरी पर उपलब्ध कराने के अनुरोध के साथ / Head, IT Division with the request to make this circular letter available on the website & Policy Repository.
- 2) श्री राम स्वरूप, वरिष्ठ उप सचिव, सी.एस.आई.आर.-कॉम्प्लैक्स व अंतर्राष्ट्रीय योग दिवस मनाने के लिए सीएसआईआर के नोडल अधिकारी / Sh. Ram Sarup, Sr. Deputy Secretary, CSIR-Complex & Nodal officer for celebrating the International Day of Yoga in CSIR
- 3) कार्यालय प्रति / Office copy



सत्यमेव जयते

वैद्य राजेश कोटेचा  
Vaidya Rajesh Kotecha



सूचना

भारत सरकार

आयुर्वेद, योग व प्राकृतिक चिकित्सा

मंत्रालय, सभागृह, राजमार्ग एन 8, होमोपैथी (आयुष) भवन

जंतिम बाग, पी ब्लॉक, जी.पी.ओ. कॉम्प्लेक्स

आई एन ए, नई दिल्ली-110023

SECRETARY

GOVERNMENT OF INDIA

MINISTRY OF AYURVEDA, YOGA & NATUROPATHY

UNANI, SIDHA, BOWA-RIGPA AND HOMOEOPATHY (AYUSH)

AYUSH BHAWAN, B-BLOCK, GPO COMPLEX

INA, NEW DELHI-110023

Tel: 011-24651950, Fax: 011-24651957

E-mail: secy-ayush@nic.in

D.O.No. M-16011/15/2019-Y&N(Pt. I)

Dated: 30<sup>th</sup> May, 2019

Dear Secretary,

We are just a few weeks away from the International Day of Yoga (IDY)-2019, which falls on 21<sup>st</sup> June, 2019. I am writing to seek your valuable support in this national effort. The Ministry of AYUSH has been mandated with the task of promoting Yoga among people from all walks of life because of its health promotive potential.

2. Based on meeting of Committee of Secretaries (CoS) held in Cabinet Secretariat on 16.05.2019 and the various suggestions given by Yoga Institutes in the Inter-Ministerial Meeting organized by Ministry of AYUSH on 13.05.2019, it was decided to start a daylong event along with Mass Yoga Demonstrations based on the Common Yoga Protocol (CYP) on 21.06.2019 from 7:00 AM to 8:00 AM on the occasion of IDY called "**Festival of Yoga and Wellbeing**". This "Festival" will make IDY a more inclusive event. A concept note on the "Festival", which incorporates suggested action points, is enclosed for your perusal.

3. The Government's aim is to make Yoga an integral part of the citizens' lifestyle and thereby secure a healthy life for all. This Ministry feels that the "Festival of Yoga and Wellbeing" is an important step in this direction. I therefore request your whole-hearted support to celebrate this "Festival" on 21.06.2019. I would be grateful if urgent steps are caused in this direction, considering that we have very limited time ahead of IDY -2019.

With regards,

Encl. As above

To,

**All Secretaries to the Government of India**

Yours sincerely

**(Rajesh Kotecha)**

Festival of Yoga and Wellbeing 2019  
[On the occasion of International Day of Yoga, 2019]

At present the centre-piece of the IDY observation is the standardised Mass Yoga Demonstration drill. This is held uniformly in thousands of venues across the country at 7.00 AM on 21<sup>st</sup> June every year, and the demonstrations are based on the common Yoga Protocol (CYP). However, in order to make IDY a more inclusive event, it is decided to have a "Festival of Yoga and Wellbeing" on the Day, and to spread the activities across the entire day, as part of the "Festival".

2. While there is no doubt that Mass Yoga Demonstrations based on CYP is the best way to tap the public-health potential of the IDY event, the additional activities in a "festival" mode will appeal more to those who are yet to be initiated into yoga, and inspire them to learn about yoga. This will make the entire IDY observation more flexible and more inclusive.
3. **Suggested Activities for the festival:** The focus of the "festival" can be activities other than Mass Yoga Demonstrations, so that the space requirement is reduced. Consequently, such events can be held in covered venues like auditoriums, where a large number of people can participate, thus minimising the possibility of disruptions by rain. An atmosphere of festivity can be created using elements of song, drama etc. It may be noted that the "festival" activities are expected to be scheduled after the early morning activity based on CYP is over. A list of suggested activities for the "Festival" is given at Annexure I.
4. **Timings of Festival Activities:** Such events can be scheduled at any time during the day on 21<sup>st</sup> June, after the conclusion of the CYP based activities in the morning. This would give flexibility to accommodate the convenience of the wider audience including senior citizens and the less-abled.
5. **The target audience:** The target audience can be those segments of population which have not yet become regular practitioners of Yoga.
6. **Objectives:** An effort can be made to use these activities to attract the youth and children to Yoga. The contemporariness of yoga and its health benefits can be projected. Role of Yoga in education sector can be explored through these festivals by targeting children and young people.
7. **Yoga at work place:** Avenues of Yoga in work place can be explored of conducting this day- long festival in most of the organizations (Govt., PSUs and Private firms) on Voluntary basis. Aspects of increase in employee productivity,

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decrease in stress and anxiety in the work place, improved employee health and wellbeing, etc. through Yoga can be highlighted in the festival.

8. By organizing "Festival of Yoga and Wellbeing" role of Yoga in the health care sector can be highlighted by show-casing the positive effects of Yoga in promotion of health and prevention of certain diseases. Various studies have already shown positive effects of Yoga in managing stress-related disorders, respiratory allergies, anxiety neurosis, diabetes, coronary heart disease, and rehabilitation of disabled.

9. The Ministry of AYUSH seeks the support and involvement of all stakeholders for the "Festival of Yoga and Wellbeing", and to take it up on June 21, 2019 in their respective centres/ spheres of activity in a befitting manner, and to strive to ensure maximum participation in the same.

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## Annexure I

### Suggested activities for “Festival of Yoga and Wellbeing”

The following activities can be organized as a part of “Festival of Yoga and Wellbeing” in addition to Common Yoga Protocol:-

- I. Various competitions with focus on highlighting the potential health benefits of adopting Yoga in day-to-day lifestyle can be conducted across various venues. The competitions can be:
  - a) Slogan Competition.
  - b) Article Writing Competition.
  - c) Poster making Competition.
  - d) Quiz Competition.
  - e) Music and group dance Competitions on Yoga theme.
- II. Yoga themed songs can be played in the event venues.
- III. Various cultural events can be conducted.
- IV. “Flash mob” in prime locations like historical monuments, malls, airports etc. can be organised.
- V. Lectures, workshops and various other education programmes on the health benefits of Yoga can be delivered through media.



शतमेव जयते



एक कदम स्वच्छता की ओर



वैद्य राजेश कोटेचा  
Vaidya Rajesh Kotecha

संचित

भारत सरकार

आयुर्वेद, योग व प्राकृतिक चिकित्सा

यूनानी, सिद्ध, सावा रिग्पा एव होम्योपैथी (आयुष) मंत्रालय

आयुष भवन, बी ब्लॉक जी पी ओ कॉम्प्लेक्स

आई.एन.ए. नई दिल्ली-110023

SECRETARY

GOVERNMENT OF INDIA

MINISTRY OF AYURVEDA, YOGA & NATUROPATHY

UNANI, SIDDHA, SOWA-RIGPA AND HOMOEOPATHY (AYUSH)

AYUSH BHAWAN, B-BLOCK GPO COMPLEX

INA, NEW DELHI-110023

Tel.: 011-24651950, Fax : 011-24651937

E-mail : secy-ayush@nic.in

Dear Secretary,

D.O. No. M-16030/15/2019-Y&N

Dated: 03<sup>rd</sup> May 2019

I am happy to inform that preparatory steps for the International Day of Yoga (IDY) 2019 are gaining momentum. I am sure that your Ministry/Department will also have set in motion the appropriate activities for IDY.

2. One of the themes being promoted in this year's IDY is the usage of eco-friendly products in the practice of Yoga.

3. Instances have come to the notice of this Ministry that the market is pervaded with manufacture and supply of PVC mats and other plastic based accessories related to the activities of the Yoga. This may be due to cheaper cost of the material, but usage of such products is not desirable from the health perspective of the individual using it and also from the angle of global environment. Hence, it is imperative to take initiatives at all levels to encourage manufacture, supply and usage of eco-friendly Yoga products. Since PVC and synthetic based accessories are hazardous and non-perishable, the public needs to be sensitized and motivated to use eco-friendly products.

4. In this regard, I am enclosing herewith a concept note for your kind perusal, with a request to take appropriate measures to promote this campaign for eco-friendly Yoga accessories, which will help in safeguarding the health of public in general as well as the environment.

With regards,

Yours sincerely,

*(Signature)*

(Rajesh Kotecha)

Encl. as above

To,

All Secretaries to Government of India.

## CONCEPT NOTE

This is a proposal for taking steps for raising public awareness about the need to opt for eco-friendly Yoga accessories.

2. With the rapidly growing popularity of Yoga, there is also an increase in demand for yoga products such as yoga mats, yoga blocks and other accessories. As per available information, most of such products currently available in the market are PVC-based, and are not very easy to recycle. Consequently, at the end of their life-cycle, they end up in landfills and also, polluting the ocean. This causes major environmental issues. These PVC-based products are also reported to add to air pollution, as these materials are flammable products and produce toxic fumes.
3. PVC is popular for yoga mats because it's cheap and effective. To make the vinyl pliable for practice, it is treated with phthalates, lead and cadmium. Phthalates are used not just in yoga mats, but also in many other yoga products, including blocks, rollers, wedges, etc. Some reports indicate large-scale presence of cheap varieties of such products in Indian markets often imported from other countries and hence of unverifiable quality.
4. The other concern is that exposure of Indian public to such yoga mat compounds and to all the other products with contaminants pose a risk to health.
5. Yogic lifestyle is all about living consciously and sustainably. Ideally, all practitioners of yoga would be keen to adopt sustainable and eco-friendly lifestyles also. With the growing popularity of yoga and the growing number of yogis worldwide, the world would become more eco-conscious and an increasing number of people would contribute towards a greener and cleaner environment.
6. Reports indicate that many of the yoga practitioners are not aware of the harmful effects of the commonly available yoga mats and props. Thus, there is a pressing need to create more awareness about the harmful effects of

PVC and synthetics used for yoga related products. Lack of awareness about this challenge is adding to the growing menace of PVC pollution in the world of yoga. Yoga practitioners will happily make the switch to a PVC-free mat/product if they are made aware of its harmful effects. Government bodies, yoga institutions and yoga teachers are all potential influencers who can help to create more awareness about the same.

7. It is requested that stakeholders and others who are concerned with promoting yoga may also be informed about the need to use yoga products made from juts, cock, rubber and other eco-friendly methods to ensure sustainability.