

सां/No. : 5-1(17)/2008-PD

Dated 18.03.2025

प्रेषक : संयुक्त सचिव (प्रशासन)

From : Joint Secretary (Admn.)

सेवा में : सी.एस.आई.आर. की सभी राष्ट्रीय प्रयोगशालाओं/संस्थानों/मुख्यालय/एककों के निदेशक/प्रधान

To : The Directors/Heads of all CSIR National Labs./Instts./Hqrs./Units

विषय : “अंतर्राष्ट्रीय योग दिवस का एक दशक” के स्मरणोत्सव के संबंध में।

Sub : Commemoration of “A Decade of International Day of Yoga”- reg.

महोदय/Sir / महोदया/Madam,

मुझे, उपरोक्त विषय पर सचिव, आयुष मंत्रालय, भारत सरकार के अर्धशासकीय पत्र सं M-16011/43/2024-YN दिनांक 25.02.2025 को आपकी जानकारी, मार्गदर्शन और अनुपालन के लिए अग्रप्रेषित करने का निदेश हुआ है।

I am directed to forward herewith D.O. letter No. M-16011/43/2024-YN dated 25.02.2025 from Secretary, Ministry of Ayush, Govt. of India on the above mentioned subject for your kind information, guidance and compliance.

भवदीय/Yours faithfully,



(कुमार राहुल/Kumar Rahul)

उप सचिव (नीति प्रभाग)/Deputy Secretary (PD)

संलग्न/Encl. : यथोपरि/As above

प्रतिलिपि/Copy to:

- 1) सी.एस.आई.आर. वेबसाइट/ CSIR Website
- 2) कार्यालय प्रति/Office copy.

वैद्य राजेश कोटेचा

सचिव

Vaidya Rajesh Kotecha

Secretary



सत्यमेव जयते



आज़ादी का
अमृत महोत्सव

भारत सरकार

आयुष मंत्रालय

आयुष भवन, 'बी' ब्लॉक, जी.पी.ओ. कॉम्प्लेक्स,

आई.एन.ए. नई दिल्ली-110023

Government of India

Ministry of Ayush

Ayush Bhawan, B-Block, GPO Complex,

INA, New Delhi-110023

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

E-mail : secy-ayush@nic.in

D.O.No.M-16011/43/2024-YN

25th February, 2025

Dear Colleague,

This is with reference to the meeting of Committee of Secretaries (CoS) held under the Chairmanship of Cabinet Secretary on 31st January, 2025 to review the preparations for the 11th International Day of Yoga (IDY) 2025.

In order to commemorate "A Decade of International Day of Yoga" Ministry of Ayush have already begun its preparations. Along with various countdown events, this year Ministry has planned 10 signature events to be held in India and across globe. To ensure success of these events a whole of government approach is required. Therefore, Ministry of Ayush have prepared an indicative list of common roles and responsibilities of the Ministries/ Departments as a follow up of the directions conveyed in the CoS meeting which are enclosed herewith as Annexure-I.

Further, it is also encouraged to actively involve various Autonomous Bodies/ Training Institutes under your organizations, to maximize the outreach and participation, including channelling your resource in State/ UT to help this Ministry to achieve the idea of spreading Yoga to the last mile.

Your expertise, outreach, and resources will play a crucial role in successfully spreading the message of maintaining physical fitness along with mental and spiritual well-being through Yoga. In case of any query please contact Smt. Vijayalakshmi Bharadwaj, Director, MoA (Ph. No. 011-24651658 email id:-vijayalakshmi.bharadwaj40@gov.in)

Looking forward to your active participation and support.

With regards,

Yours sincerely,

(Rajesh Kotecha)

Encl: As above

To

All Secretaries to the Government of India
(As per list attached)

Annexure 1

Common activities for all Ministries/Departments	<ol style="list-style-type: none"> 1. Each ministry to ensure maximum participation in the main IDY event on 21st June 2025 2. Engage large number of PSUs and training establishments under administrative control of respective Ministries/ departments for IDY activities. Educational and technical institutions affiliated with Ministry, field units, subordinates/ attached offices may also be roped in. All possible channels may be leveraged to conduct yoga activities across all levels. Live feeding of IDY at different offices may also be done. 3. Sensitize employees on CYP/ Y-break and Government Offices/ Private Companies/ Cooperative societies to promote Y-break for their employees. The link of CYP is https://youtube.com/playlist?list=PLxZ05kgQiFwf6JbbEvThIy9AcZ0xrfxvk&si=xY_A9uOqJLRKm5i 4. Encourage participation of employees and there family members in various IDY activities organized on MyGov platform like quiz, competitions, video campaigns, etc. Encourage participation of employees and there family members in various IDY activities organized on MyGov platform like quiz, competitions, video campaigns, etc. 5. "All Ministries/Departments are requested to tag the Ministry of Ayush on all social media platforms whenever disseminating the latest updates and information related to International Day of Yoga (IDY) through their official channels. Additionally, Ministries/Departments may also share social media posts from the Ministry of Ayush on their respective platforms to enhance outreach and visibility" 6. IDY logo may be displayed and IDY related guidelines/digital resources may be uploaded on the Websites/ Portals of respective Ministries/Departments 7. Organizing Yoga-related activities such as online/offline lectures, workshops, seminar etc. by Yoga experts, ahead of IDY 2025 8. Publishing Yoga and IDY-specific articles in official e-newsletter, bulletin, magazine etc 9. The Digital Assets developed by MoA may be used:- <ol style="list-style-type: none"> a. Namaste Yoga App - This App a one stop health solution that enables people to access yoga related information, yoga events and Yoga classes at their fingertips. The app also provides information on one's physical activity in terms step count and calories burnt. The link for the app is https://play.google.com/store/apps/details?id=yogatracker.np.com.yogatracker&hl=en_IN b. Y Break App - This App is a digital platform developed by Morarji Desai National Institute of Yoga, Ministry of Avush, Government of India to promote Yoga practise in Working population to de-stress, refresh and re focus at their workplace to increase their productivity, and consists of Asanas, Pranayama and Dhyana. The link for the app is https://play.google.com/store/apps/details?id=ybreak.ayush.gov.in&hl=en_IN c. Yoga- Ayush Portal: Dynamic portal with all details, digital assets and latest information about IDY activities. The link for the app is https://yoga.ayush.gov.in/YAP/
--	---