

Yoga Day - 21.6.2020

"Yoga for Home and Family" (yoga@home)

As per the Ministry of Ayush directives, the Yoga Session on 21.6.2020 will be held from home only as per Common Yoga Protocol (CYP). The focus of this year's yoga is "Yoga for Home and Family" (yoga@home).

On 10.6.2020 there will be a curtain raiser TV Programme on Doordarshan from 7 to 9 AM. The theme will be Yoga for "Community, Immunity and Unity". A 45 min video is available on Ayush Yoga portal under CYP.

This year yoga as elaborated above will be done at home with family members at 7 AM and a 3 minute video can be loaded by the family under "#mylifemyyoga" and the best selected video will be given Rs.1 lakh reward and if selected globally then US \$2500 will be rewarded.

It was discussed in the meeting that a separate protocol will be developed for handicapped people that will be made available in the portal.

There also is a mobile application "IDY" in this regard.

All related information is available in the Ministry of Ayush website and portal.

Naveen Shah
08/06/20

(Naveen Shah)

Director (GA) & HOD

To all concerned on e mail.