

## I want to be a part of IDY -2020. What should I do?

Congratulations for deciding to be a part of IDY- 2020.

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.

As 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, 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 21<sup>st</sup> June 2020. The CYP is a Yoga Protocol developed by accomplished Yoga experts, to facilitate harmony in the observation of IDY. Over the last few years, it has become one of the most popular Yoga programmes in the world. It is designed to be easily adoptable by the majority of the people irrespective of age and gender, which 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. These programmes are being intensified, and daily online sessions on CYP will be streamed on the Ministry's Social Media Platforms as well as partner TV Channels. You may follow the Ministry's social media handles for additional details. Announcement on specific activities for 21<sup>st</sup> June 2020 will also be made available on these channels as we approach the IDY. Various reputed Yoga institutions will also be imparting online training lessons in CYP in the coming days. Please use the attached resources in preparing yourself and your family for IDY2020.

If you are already trained in CYP, please start teaching the same to your

family members.

As June 21<sup>st</sup> is just a few days away. Prepare yourself, and be there to do Yoga with the world.

See you at 7.00 AM on 21<sup>st</sup> June 2020.

**International Day of Yoga (IDY) Videos (Hindi &English) and Links of Videos  
in 14 Regional Languages**

<b>S. No</b>	<b>IDY Videos – Common Yoga Protocol</b>	<b>YouTube Video Links</b>
1.	International Day of Yoga 2019   Common Yoga Protocol - HINDI	<a href="https://www.youtube.com/watch?v=wqjZ_LyNLRw">https://www.youtube.com/watch?v=wqjZ_LyNLRw</a>
2.	International Day of Yoga 2019   Common Yoga Protocol- ENGLISH	<a href="https://www.youtube.com/watch?v=K-GJh9GeOxE">https://www.youtube.com/watch?v=K-GJh9GeOxE</a>
3.	Common Yoga Protocol- Manipuri, International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=iOGza5C9Yhl">https://www.youtube.com/watch?v=iOGza5C9Yhl</a>
4.	Common Yoga Protocol-Kannada, International Day of Yoga – 2016	<a href="https://www.youtube.com/watch?v=k5W4sR7Ercs">https://www.youtube.com/watch?v=k5W4sR7Ercs</a>
5.	Common Yoga Protocol- Sanskrit, International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=KYDVngTkslo">https://www.youtube.com/watch?v=KYDVngTkslo</a>
6.	Common Yoga Protocol-Marathi, International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=JNvyqnIOYTY">https://www.youtube.com/watch?v=JNvyqnIOYTY</a>
7.	Common Yoga Protocol- Malayalam, International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=ijJQAw-XO8">https://www.youtube.com/watch?v=ijJQAw-XO8</a>
8.	Common Yoga Protocol-Bengali, International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=oUIZzBbXz_U">https://www.youtube.com/watch?v=oUIZzBbXz_U</a>
9.	Common Yoga Protocol- Kashmiri, International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=06h8Prlo n3Y">https://www.youtube.com/watch?v=06h8Prlo n3Y</a>
10.	Common Yoga Protocol-Tamil, International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=x_d3Ay7iy3c">https://www.youtube.com/watch?v=x_d3Ay7iy3c</a>
11.	Common Yoga Protocol-Urdu, International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=PWwp4KDQRwQ">https://www.youtube.com/watch?v=PWwp4KDQRwQ</a>
12.	Common Yoga Protocol-Telgu, International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=hKUqsrAXC34">https://www.youtube.com/watch?v=hKUqsrAXC34</a>
13.	Common Yoga Protocol-Assamese, International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=PEkxjWdNUU0">https://www.youtube.com/watch?v=PEkxjWdNUU0</a>

14.	Common Yoga Protocol-Punjabi (Full Version), International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=LK4ZoeTKOdY">https://www.youtube.com/watch?v=LK4ZoeTKOdY</a>
15.	Common Yoga Protocol-Oriya (full version), International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=sqEHmSMCgt4">https://www.youtube.com/watch?v=sqEHmSMCgt4</a>
16.	Common Yoga Protocol-Gujarati (Full Version), International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=0Bsb01XaCfc">https://www.youtube.com/watch?v=0Bsb01XaCfc</a>

Annexure –III

### Links of Ministry of AYUSH Website, Social Media Handles & Institutes

S.No	Ministry of AYUSH/ Institutes	Website Links
1.	Ministry of AYUSH Website	<a href="https://main.ayush.gov.in/">https://main.ayush.gov.in/</a>
2.	Yoga Portal – Ministry of AYUSH	<a href="https://yoga.ayush.gov.in/yoga/">https://yoga.ayush.gov.in/yoga/</a>
3.	Ministry of AYUSH – Facebook Page	<a href="https://www.facebook.com/moayush/">https://www.facebook.com/moayush/</a>
4.	Ministry of AYUSH – Twitter	<a href="https://twitter.com/moayush">https://twitter.com/moayush</a>
5.	Ministry of AYUSH – Instagram	<a href="https://www.instagram.com/ministryofayush/?hl=en">https://www.instagram.com/ministryofayush/?hl=en</a>
6.	Morarji Desai National Institute of Yoga (MDNIY)	<a href="http://www.yogamdniy.nic.in/">http://www.yogamdniy.nic.in/</a>
7.	Central Council for Research in Yoga & Naturopathy (CCRYN)	<a href="http://ccryn.gov.in/">http://ccryn.gov.in/</a>
8.	National Institute of Naturopathy (NIN), Pune	<a href="http://punenin.org/index.htm">http://punenin.org/index.htm</a>
9.	Shri Ambika Kutir	<a href="http://www.ambikayogkutir.org">www.ambikayogkutir.org</a>
10.	Parmanand University Trust (Parmanand Institute of Yoga Sciences and Research)	<a href="http://www.parmyoga.org">www.parmyoga.org</a>

S.No	Ministry of AYUSH/ Institutes	Website Links
11.	Sri Sri School of Yoga	<a href="http://www.srisrischoolofyoga.org">www.srisrischoolofyoga.org</a>
12.	The Yoga Institute	<a href="http://www.theyogainstitute.org">www.theyogainstitute.org</a>
13.	Patanjali Yogpeeth (Trust)	<a href="http://www.divyayoga.com">www.divyayoga.com</a>
14.	Swami Vivekananda Yoga Anusandhanasamsthana(S-VYASA)	<a href="http://www.svyasa.edu.in">www.svyasa.edu.in</a>
15.	KaivalyadhamaShriman Madhav Yoga Mandir Samiti, Kaivalyadhama Yoga Institute	<a href="http://www.kdham.com">www.kdham.com</a>
16.	Krishnamacharya Yoga Mandiram	<a href="http://www.kym.org">www.kym.org</a>
17.	Yoga Vidya Gurukul	<a href="http://www.yogavidyagurukul.org">www.yogavidyagurukul.org</a>
18.	Dev SanskritiVishwavidhyalaya	<a href="http://www.dsvv.ac.in/">http://www.dsvv.ac.in/</a>
19.	Hata Yoga Abhyaasa and Prachaara Trust	<a href="http://www.a1000yoga.com">www.a1000yoga.com</a>
20.	Yoga Niketan Trust	<a href="http://www.yoganiketan.org">www.yoganiketan.org</a>
21.	Lovely Professional University	<a href="https://www.lpu.in/">https://www.lpu.in/</a>