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D.O. No. M-16011/16/2019-Y&N Cell

25.02.2019

Dear Sir,

I am happy to inform that the Ministry of AYUSH has taken up the preparations for the observation of 4th International Day of Yoga (IDY) falling on 21st June, 2019. As you would agree, the onus of taking the momentum that was created by International Days of Yoga celebrated in 2015, 2016, 2017 & 2018 forward, with greater and active participation of youth during the current year's celebrations, rests not just on the Ministry, but on all stake holders.

2. As per the practice established in the previous years, the centre-piece of IDY 2019 would also be the Mass yoga demonstrations wherein the participants pursue the drill of the Common Yoga Protocol (CYP) in harmony. Youth in India is the dominant demographic group, and has the power to take the nation forward. We are looking forward this year i.e. 2019 to the ICSE to play an enlarged role in involving students from all the affiliated schools in various activities as a part of the observation of IDY 2019.

3. As in the previous years, ICSE would be drawing its plans to observe IDY- 2019. As part of the same, it is requested to kindly consider issuing necessary guidelines to organize Yoga Workshops for School Teachers and students and to introduce Yoga Programs in annual festivals of schools to promote yoga among youth. Since the focus of activity during IDY will be on CYP, steps may be taken to expose school children to it.

4. As you are aware, CYP consists of a 45-minute sequence of relatively simple yoga drills put together as protocol by some of the most renowned yoga experts in country. It is designed to provide maximum physical and intellectual benefits to the maximum number of people. Qualified yoga trainers would be able to provide complete CYP training to students over 15 one-hour sessions, which can ideally be spread over 15 days.

5. IDY 2019 would coincide with the summer vacations in many of the schools. ICSE may, therefore consider advising all the schools to facilitate successful conduct of International Day of Yoga celebrations by students on 21st June, 2019 by keeping essential facilities at schools open during the required period. Special arrangements for CYP training for students may also be considered.

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6. I am confident that your organization will join this country-wide movement for promotion of health and well-being with vigour and enthusiasm.

Warm regards,

Yours sincerely,



(P.N. Ranjit Kumar)

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