

I Want to be a part of IDY – 2020, What should I do

Congratulation for deciding to be 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 of the movement of people and a slowdown in economic activity, the benefit 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. There for, 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 21st June 2020. The CYP is a Yoga protocol developed by accomplished Yoga expert, to facilitate harmony in the observation of ID. 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 talking 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 Ministries Social Media platform as well as partner TV channels. You may follow the Ministries Social media handles for additional details. Announcement on specific activities for 21st 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 lesson in CYP in the coming day. Please use the attached resources in preparing yourself and your family for IDY 2020.

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

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

See you at 7.00 AM on 21st June 2020.

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Message

Stand in solidarity with everyone by doing Yoga@Home on the 21st of June

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