



The IDY Handbook

Reference for organizers of promotional activities for
International Day of Yoga (IDY) 2025



Version 1.0



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A note on Version 1.0

Version 1.0 is being issued in response to early public interest and demand from IDY event organisers for guidance to facilitate preparatory activities for the International Day of Yoga 2025. This is a preliminary document, as the Ministry of Ayush is presently in the process of finalizing the plans for IDY 2025 activities. Still, we are confident that the Version 1.0 would be quite useful to aspiring IDY 2025 organisers and will provide them with valuable initial guidance.

Version 2.0, an updated "IDY 2025 Handbook", will be released in April 2025, incorporating additional information. Stakeholders are encouraged to obtain Version 2.0 upon its release, for updated and complete guidance organising IDY 2025.



Preface

21st June was recognized as the International Day of Yoga (IDY) by the United Nations General Assembly (UNGA) in December 2014 at the initiative of the Hon'ble Prime Minister of India. The IDY Resolution (Appendix 1 in Section J) moved by India secured unanimous consent and since 2015, IDY has been an occasion that is observed around the world with great enthusiasm and fervour.

The observance of IDY underscores the profound potential of yoga to enhance physical, mental, and emotional well-being. Beyond celebrating this ancient practice, IDY seeks to educate and inspire people worldwide to embrace its transformative benefits. Over the years, the celebration of yoga through IDY has not only increased its popularity but also expanded its geographical presence, inspiring adoption in numerous new regions. The event has spurred significant advancements in the field of yoga, including the creation of yoga protocols for individuals of all ages, the development of specific protocols targeting lifestyle diseases, and research into yoga as a potential productivity-enhancing tool.

In India, the Ministry of Ayush (MoA) serves as the nodal agency in mobilizing efforts to observe IDY each year. However, the mission to promote awareness and adoption of Yoga on a global scale requires collaborative efforts and could not have been achieved by working in isolation. Over the past ten years of IDY observance, the partnerships formed by the Ministry with key stakeholders—including other Central Ministries, States/UTs, leading Yoga institutions, Yoga centers, independent practitioners, educational institutions, non-governmental organizations, and other civil society organizations—have been instrumental in successfully inspiring an ever-growing number of people to participate in IDY each year. These stakeholders made valuable contributions in promoting the spirit of participation in IDY on a wide scale, thus converting IDY into a mass movement for health and well-being.

MoA is releasing the revised version of the IDY Handbook containing reference material for organizers of promotional activities for IDY- 2025, to enable faster, easier, and smoother planning and implementation of IDY activities. The Handbook through standardization of activities will also help to strengthen collaborations among different stakeholders in organizing activities for IDY-2025. The reference material provided herein will enable the organizers to adopt a systematic approach, thus widening the net of potential participants and facilitating the inclusion of a larger number of stakeholders.. The Handbook is structured to provide a background on IDY, its significance, past achievements and the importance of the Common Yoga Protocol (CYP). It will indicate how individuals and institutions can participate to make IDY a truly universal event. The Ministry has also included a list of publicly accessible digital resources that organizers can leverage, as well as suggestions for various activities that can be conducted by each.

As we step into another year of celebrating yoga on a global scale, the Ministry of Ayush reaffirms its commitment to fostering a culture of well-being through this ancient practice. The success of IDY lies not only in its observance on June 21 but in its continued integration into daily life, encouraging individuals and communities worldwide to experience its transformative impact. We look forward to working alongside our partners to make IDY-2025 even more inclusive, impactful, and far-reaching, ensuring that the spirit of yoga resonates beyond borders and generations.



A. What is IDY and how is it observed?

Yoga is widely recognized for its health benefits and its ability to reduce stress. Acknowledging its global importance, the United Nations General Assembly (UNGA) declared June 21st as the International Day of Yoga (IDY) on December 11, 2014, through resolution 69/131. The proposal, introduced by India's Hon'ble Prime Minister during the 69th session of the UNGA, received support from 175 Member States. Highlighting the significance of Yoga, he stated, "Yoga is an invaluable gift from our ancient tradition. It embodies unity of mind and body, thought and action—a holistic approach that is valuable to our health and well-being. It's not just about exercise; Yoga is a way to discover a profound sense of oneness with yourself, the world, and nature."

Since 2015, IDY has been celebrated worldwide, with participation increasing each year. The event encourages people to adopt healthier habits, including practicing Yoga. Recognizing the importance of physical activity, the World Health Organization (WHO) has also urged nations to promote movement, as inactivity is one of the leading causes of death and a major risk factor for diseases such as heart disease, cancer, and diabetes.

The UN resolution on IDY encourages governments, organizations, and individuals to participate and spread awareness of Yoga's benefits. To maximize its impact, standard procedures have been established to make Yoga more accessible and ensure lasting engagement. Many individuals who learn the Common Yoga Protocol (CYP) during IDY continue practicing even after the event, highlighting its long-term benefits.

In India, IDY is observed with a synchronized Yoga session based on the Common Yoga Protocol (CYP), a structured 45-minute routine. The event typically runs from 7:00 a.m. to 8:00 a.m., with the CYP session from 7:00 a.m. to 7:45 a.m., followed by additional activities such as Yoga practices, speeches, or prayers for the remaining 15 minutes. The session is also broadcast on national television, allowing people across the country to participate together.

By celebrating IDY, millions worldwide embrace Yoga as a simple, cost-effective way to improve health and well-being, reinforcing its role in fostering a healthier global community.



Past International Day of Yoga (IDY) Celebrations

The first International Day of Yoga (IDY) was celebrated on June 21, 2015, with the Hon'ble Prime Minister of India leading the event. This historic occasion set two Guinness World Records—one for the largest Yoga session with 35,985 participants at a single venue and another for the highest number of nationalities (84) in a single Yoga session. The event was celebrated in 170 countries, including the USA, China, and Canada, marking the beginning of a worldwide movement. Since then, India's main IDY celebrations have been held in different cities: Chandigarh (2016), Lucknow (2017), Dehradun (2018), Ranchi (2019), Mysuru (2022), Jabalpur (India) and New York City (USA) in 2023, and Sher-i-Kashmir International Convention Centre (SKICC), Srinagar in 2024. At each event, the Hon'ble Prime Minister of India led a mass Common Yoga Protocol (CYP) session, while thousands of similar Yoga demonstrations took place across the country.

In 2020 and 2021, due to the COVID-19 pandemic, mass gatherings were not possible. The celebrations shifted online with the themes "Yoga at Home, Yoga with Family" in 2020 and "Yoga for Wellness" in 2021. People across the world participated from their homes, and the Ministry of Ayush (MoA) provided digital resources through its Yoga Portal (<https://yoga.ayush.gov.in/YAP/Home.php>) and social media platforms. In 2021, a trainer-led Yoga session was also telecast on DD National to ensure widespread participation. Several enhancements were also made to MoA's Yoga Portal (<https://yoga.ayush.gov.in/YAP/Home.php>) to fully equip it for promoting and hosting IDY 2021.

The 8th edition of IDY in 2022 marked the return of physical events. With the theme "Yoga for Humanity," the celebrations focused on Yoga's role in promoting well-being, especially during and after the pandemic. The event saw over 22.13 crore participants, with a global outreach of 125 crore through various initiatives by the Ministry of Ayush and other stakeholders. The main event was held at Mysuru Palace (Karnataka), where over 15,000 people participated in the Common Yoga Protocol session. Additionally, 87 Yoga and Ayush institutions and startups showcased their products at an exhibition in Dussehra Ground, Mysuru.

Another major initiative was the 'Guardian Ring of Yoga,' which followed the movement of the Sun from east to west, based on the concept "One Sun, One Earth." This program involved 79 countries and the United Nations Organization (UNO), with full support from Indian Missions. As IDY 2022 coincided with the celebration of 'Azadi ka Amrit Mahotsav' (AKAM), the Central Government observed the day at 75 heritage sites across India. Indian Missions abroad and leading Yoga institutions also participated with great enthusiasm, further strengthening the global presence of IDY.

The International Day of Yoga (IDY) 2023 was celebrated with the theme "Yoga for Vasudhaiva Kutumbakam," aligning with India's G20 Presidency. The national event took place in Jabalpur, Madhya Pradesh, where the Honorable Vice President of India led a mass Yoga session with over 15,000 participants following the Common Yoga Protocol (CYP). Meanwhile, the Hon'ble Prime Minister led the global celebrations from the UN Headquarters in New York, with representatives from 135 countries joining the event. A significant highlight of IDY 2023 was the 'Ocean Ring of Yoga,' where Indian Navy and Merchant ships carried the message of peace across India's extended maritime neighborhood, covering over 35,000 km.

At the national level, the focus was on "Har Aangan Yoga," encouraging Yoga practice at the grassroots level through Panchayats, Anganwadis, and Ayush centers. Two Guinness World Records were set—one at the



UN Headquarters and another in Surat, where 1.53 lakh people participated. Yoga demonstrations took place in extreme locations, from the Arctic to Antarctica, including India's research bases. The event also saw coordinated Yoga demonstrations by the Indian armed forces along the country's coastline and islands, forming the Yoga Bharatmala and Yoga Sagarmala. With over 23.44 crore participants globally and an outreach of 113 crore through various initiatives, IDY 2023 witnessed an overwhelming response.

IDY 2024 was celebrated worldwide with the theme "Yoga for Self and Society," highlighting Yoga's role in personal well-being and social harmony. In India, despite heavy rain, 7,000 Yoga enthusiasts participated in the main event at the Sher-i-Kashmir International Convention Centre (SKICC) in Srinagar. A 45-minute Common Yoga Protocol session was broadcast across Doordarshan, reaching millions globally. Additionally, 20,000 people participated in Yoga sessions held across 20 districts of Jammu and Kashmir.

A key highlight of IDY 2024 was the "Yoga for Space" initiative, supported by the Indian Space Research Organisation (ISRO), where scientists and officials across all ISRO centers, including the Gaganyaan project team, practiced Yoga, showcasing its importance in high-performance environments. The event also promoted inclusivity with the launch of a Braille CYP book, making Yoga accessible to visually impaired individuals, and the release of the "Professor Ayushman" Comic Book, designed to introduce children to Yoga in an engaging way.

Several records were set, including a Guinness World Record for the Yoga Shapath Abhiyan in Uttar Pradesh, where 25.93 lakh individuals pledged their commitment to Yoga, and a large-scale demonstration in Andhra Pradesh with 1,000 participants, including 600 differently-abled individuals. The Central Council for Research in Yoga & Naturopathy (CCRYN), in collaboration with PGIMER, Chandigarh, received recognition from the Asia Book of Records for mobilizing the highest number of healthcare professionals practicing the Common Yoga Protocol. Overall, IDY 2024 saw an estimated participation of 24.53 crore people, further strengthening Yoga's global influence.





B. What is the Common Yoga Protocol (CYP)?

The Common Yoga Protocol (CYP) is a structured 45-minute Yoga routine that serves as the core of International Day of Yoga (IDY) celebrations. Developed in 2015 by some of India's most esteemed Yoga gurus, it was designed to facilitate large-scale, synchronized Yoga demonstrations for IDY. The sequence consists of carefully chosen asanas, making it an ideal introduction for beginners while ensuring accessibility for people of all ages and backgrounds. Beyond promoting physical health, CYP also raises awareness about Yoga's benefits among the general public.

In just ten years, CYP has become one of the most widely practiced introductory Yoga programs. Every year on June 21st, the session is conducted in groups from 7:00 a.m. to 7:45 a.m., followed by an additional 15-minute customized segment, which may include Yoga practices, speeches, or prayers. This makes IDY a one-hour event from 7:00 a.m. to 8:00 a.m.

To ensure smooth participation in mass demonstrations, organizers encourage participants to familiarize themselves with CYP in advance. Ideally, learning CYP requires 15 hours of training (about one hour per day), but even a 5-hour introduction allows individuals to take part. As a result, training sessions are an essential part of IDY preparations.

Experience over the past nine years has shown that many who learn CYP for IDY continue practicing it regularly, making their participation in IDY the first step toward a long-term Yoga journey.

The PDF versions of the CYP booklet are available in English and Hindi on MoA's Yoga Portal (<https://yoga.ayush.gov.in/YAP/Home.php>), which can easily be downloaded from the following links—

English: <https://yoga.ayush.gov.in/YAP/PDF/Common%20Yoga%20Protocol%20Book-English.pdf>

Hindi: <https://yoga.ayush.gov.in/YAP/PDF-Reader?lang=en&pdffile=Common%20Yoga%20Protocol%20Book-Hindi.pdf>

Links for the CYP videos are available in this document, in Section F - Digital Resources for Yoga.





Common Yoga Protocol (CYP) 45 minutes



PRAYER : 1 Minute

ॐ Samgacchadhvam samvadadhvam, sam vo manāmsi jānatām
devā bhāgam yathā pūrve, sanjānānā upāsate ||

LOOSENING PRACTICES : 6 Minutes



Alert Posture



Forward and Backward Bending



Right and Left Bending



Right and Left Twisting



Neck Rotation



Shoulder Stretch



Shoulder Rotation



Trunk Movement



Knee Movement

YOGĀSĀNAS : 25 Minutes



TĀḌĀSĀNA



VṚKṢĀSĀNA



PĀDA-HASTĀSĀNA



ARDHA CAKRĀSĀNA



TRIKOṅĀSĀNA



BHADRĀSĀNA



VAJRĀSĀNA



ARDHA
UṢṬRĀSĀNA



USTRĀSĀNA



ŚĀŚAKĀSĀNA



UTTĀNA
MANDŪKĀSĀNA



VAKRĀSĀNA



MAKARĀSĀNA



BHUJĀṅGĀSĀNA



ŚĀLABHĀSĀNA



SETUBANDHĀSĀNA



UTTĀNA PĀDĀSĀNA



ARDHA HALĀSĀNA



PAVANAMUKTĀSĀNA



ŚĀVĀSĀNA

KRIYĀ, PRĀṆĀYĀMA, DHYĀNA, SĀṆKALPA : 12 Minutes



KAPĀLABHĀTĪ



NAḌĪŚODHANA PRĀṆĀYĀMA



ŚĪTĀLĪ PRĀṆĀYĀMA



BHRĀMARĪPRĀṆĀYĀMA



DHYĀNA

Shanti Mantra : 1 Minute

ॐ Sarve Bhavantu Sukhinaḥ,
Sarve Santu Nirāmayāḥ
Sarve Bhadrāṇi Paśyantu,
Mā kaścit Duḥkha Bhāgbhavet
ॐ Śāntiḥ Śāntiḥ Śāntiḥ



Common Yoga Protocol (CYP), a specified sequence of Yoga practice of 45 minutes, lies at the heart of the IDY observation.

It was developed by some of the most accomplished Yoga gurus of India in 2015. Conceived with the need to organize harmonious mass Yoga demonstrations in observance of International Day of Yoga (IDY), it comprises the ideal assemblage of asanas for introducing beginners to Yoga practice. It was designed meticulously so that people from various age groups and all walks of life can participate and reap the health benefits of Yoga. It is also aimed at raising awareness about Yoga among the general public. In a short span of ten years, CYP has emerged as one of the most popular introductory programmes for new learners of Yoga.

On the International Day of Yoga (i.e., 21st of June), the Common Yoga Protocol is normally performed in groups from 07:00 am to 07:45 am, the organizers of the event may follow any suitable and customized 15-minute programme, which could be a Yoga practice, speech, prayer etc. Thus, the IDY observation is a 1-hour activity from 07.00 am to 08.00 am.

Since the focus of IDY would be on group Yoga demonstrations based on CYP, organizers of each IDY event may take efforts to familiarize the intended participants/general public with CYP well in advance. CYP being a 45 minutes-long activity, is estimated by experts to ideally require 15 hours of training (preferably one hour per day) to learn. However, even with about 5 hours of familiarization, one can join the CYP demonstration in the spirit of participation. All stakeholders and organizers, therefore, include CYP training/ learning as an important activity in the preparatory efforts of IDY. It is seen from the experience of the last nine years that many of those who learn CYP in the spirit of participation in IDY continue to practice the same even beyond the IDY. Thus, participation in IDY becomes a starting point for the regular pursuit of Yoga.



The PDF versions of the CYP booklet are available in English and Hindi on MoA's Yoga Portal (<https://yoga.ayush.gov.in/YAP/Home.php>), which can easily be downloaded from the following links–

English: <https://yoga.ayush.gov.in/YAP/PDF/Common%20Yoga%20Protocol%20Book-English.pdf>

Hindi: <https://yoga.ayush.gov.in/YAP/PDF-Reader?lang=en&pdffile=Common%20Yoga%20Protocol%20Book-Hindi.pdf>

Links for the CYP videos are available in this document, in Section F - Digital Resources for Yoga.

C. Creating a buzz: Initiatives for IDY promotion by the Ministry of Ayush

Following are some of the initiatives being undertaken by MoA to maximize participation in the observance of IDY 2025:

- Morarji Desai National Institute of Yoga (MDNIY), Ministry of Ayush, Government of India has organized Yoga Mahotsav-2025- a curtain raiser to IDY-2025 on March 13, 2025 at Vigyan Bhawan New Delhi. The event formally marked the beginning of the journey towards the 11th edition of IDY. Along with global outreach, the IDY focuses on taking Yoga to each and every village in India through the active participation of Gram Panchayat/Gram Sabhas.

Prime Minister's Awards for Yoga

The Ministry of Ayush (MoA) organizes the Prime Minister's Awards to recognize outstanding contributions to the promotion and development of Yoga. These awards are hosted on the Government of India's MyGov platform <https://innovateindia.mygov.in/pm-yoga-awards-2025/>.

There are two national-level awards for individuals or organizations of Indian origin and two international-level awards for those of Indian or foreign origin. Applicants or nominees must have significant experience and a deep understanding of Yoga. They can either apply directly or be nominated by a recognized Yoga organization. However, each applicant can apply for only one category (either national or international) in a given year.



The nomination process began on 17.02.2025 with the submission deadline on 31.03.2025. The selection follows a structured process led by two committees—the Screening Committee and the Evaluation Committee, both set up by the Ministry of Ayush. These committees review and finalize the award recipients based on specific criteria.

The winners will receive a trophy, a certificate, and a cash prize of INR 25 lakhs. The awards will be presented on the 11th International Day of Yoga (June 21, 2025). If there are joint winners, the prize will be shared among them.



Suggested Activities

The IDY 2025 focuses not only on celebrating the past decade but also on expanding the reach and impact of Yoga in the future. To accomplish this, **10 Signature Events** and activities have been planned for IDY- 2025, as outlined below:

I. Yoga Sangam (Flagship Event)

Yoga Sangam will be the flagship event of International Day of Yoga (IDY) 2025, featuring a simultaneous, synchronized, and widespread mass yoga performance based on the Common Yoga Protocol at 10,000 locations across the country.

The Main IDY event will be held as per tradition on 21st June 2025. To commemorate 10 years of IDY, Yoga Sangam events will take place in a coordinated and distributed manner, covering every district and seamlessly integrating with the Main IDY celebration.

II. Yoga Bandhan or the Bond of Yoga (Joint Yoga Programs)

The Yoga Exchange Programme will be conducted with 10 selected partner countries to commemorate 10 years of International Day of Yoga (IDY). This initiative will highlight the historical and cultural significance of yoga in the context of India's friendship with these nations.

As part of the exchange, delegates from partner countries visiting India will participate in the Main IDY event.

III. Yoga Park

This initiative aims to leave behind a positive legacy of International Day of Yoga (IDY) through support for creation of Yoga infrastructure, by supporting local bodies (Panchayats and Municipalities) to set up 1,000 “Yoga Parks” across the country. This will be achieved through upgradation/ modification of existing public parks.

IV. Yoga Samavesh (Rainbow of Inclusive Yoga)

A celebration of inclusive and accessible Yoga, this initiative features specialized Yoga programs designed for diverse groups, including Divyang Jan (persons with disabilities), children, senior citizens, and marginalized communities. By tailoring Yoga practices to meet the unique needs of each group, Yoga Samavesh aims to promote inclusivity, accessibility, and the transformative power of Yoga for all.

V. Yoga Prabhava: A Decadal Impact Assessment

A comprehensive study to evaluate public health and social impact of 10 years of International Day of Yoga (IDY) observation. This will be a country-wide survey coordinated and supported by health-care institutions, Yoga institutions and other stake-holding institutions.



VI. Yoga Connect–A Virtual Global Yoga Summit

Host a virtual summit featuring renowned yoga gurus, health experts, and influencers from around the world. This will be streamed live and made accessible to people globally.

VII. Harit Yoga (Sustainability Initiative)

Is a Sustainability Initiative that combines principles of yoga with the concept of environmental sustainability. This will include yoga sessions in iconic natural settings, as well as combining Yoga sessions with tree planting drives, and clean-up campaigns.

VIII. Yoga Unplugged (Youth Initiatives)

"Yoga Unplugged" is a dynamic initiative designed to engage the younger generation in yoga through interactive and modern approaches. This includes:

Social Media Challenges & Competitions: National and international yoga challenges encouraging participants to showcase their progress and achievements on social media, fostering a sense of community and motivation.

Educational Campaigns: Educational campaigns in schools, universities, and workplaces to teach the fundamentals of yoga and its benefits, incorporating both theoretical knowledge and practical sessions.

IX. Yoga Maha Kumbh

A week-long yoga festival, Yoga Maha Kumbh, will be organized at 10 locations across the country, including the host city of the Main IDY event. These grand celebrations will serve as the culminating events of IDY 2025, concluding on International Day of Yoga, June 21st.

X. Samyoga (Yoga Practices in Other Healthcare Systems)

A 100 day drive in coordination with the Ministry of Health and other Ministries to promote the integration of yoga into practices and therapies in modern medicine and other systems of medicine. This initiative will include Compilation of existing evidence and their translation into practical applications that improve health outcomes, Public Awareness Campaigns and Policy Advocacy and experience sharing.



Other Activities

- a. A series of lectures by Yoga Gurus, researchers, doctors, promoters, VIPs, and ministers on the benefits of Yoga.
- b. CYP training for ASHA workers in villages to extend the reach of International Day of Yoga (IDY).
- c. Online training resources in multiple languages are available for trainers to refresh their CYP knowledge and upgrade their skills (see Section B - "What Is CYP" for details).
- d. The Ministry of Youth Affairs and Sports (MYAS) (<https://yas.nic.in/>) is partnering with the Ministry of Ayush (MoA) to promote CYP through the Fit India Movement (FIM) (<https://fitindia.gov.in/>). MoA and MYAS will jointly run a campaign to integrate Yoga into the Fit India Movement, offering joint participation certificates from both YCB and FIM. Additionally, all YCB-accredited centres will be designated as Fit India Centres, and all Sports Authority of India (SAI) (<https://sportsauthorityofindia.nic.in/sai/>) centres will serve as Yoga training hubs.
- e. Short films, and celebrity testimonials on the benefits of Yoga, along with nationwide publicity campaigns, will be coordinated by the Bureau of Outreach and Communication (BOC).
- f. Year-Long Yoga Calendar: The Ministry has compiled details of regular and planned Yoga events by leading institutions and made them publicly accessible on the Yoga Portal (<https://yoga.ayush.gov.in/YAP/Home.php>). You can view the Year-Long Yoga Calendar here.
- g. Various Yoga organizations, in collaboration with the Ministry, are working to spread awareness about Yoga. Leading institutes, along with the Ministry, have launched a 100-day activity series, which will conclude on June 21, 2025.
- h. The Ministry of Ayush (MoA) and the Central Council for Research in Yoga & Naturopathy (CCRYN) (<https://naturopathyday.in/index.php>) will lead an initiative to promote "Yoga with Family" and the Yoga Tech Challenges 2025 to raise awareness and encourage participation.
- I. IT assets for Yoga in the form of-
 - Yoga Dictionary (<https://yoga.ayush.gov.in/YAP/GoogleSheet/dic?lang=en>)
 - Yoga Portal (<https://yoga.ayush.gov.in/YAP/Home.php>)
 - Namaste Yoga App (<https://play.google.com/store/apps/details?id=yogatracker.np.com.yogatracker>) are being offered to the public by the Ministry of Ayush.
 - Y-Break App (<https://play.google.com/store/apps/details?id=ybreak.ayush.gov.in>)
 - WHO-mYoga App (<https://apps.apple.com/in/app/who-myoga-app/id1549821346>)



D. How can you participate in the global IDY Movement?

Any individual or organization can actively engage in the International Day of Yoga (IDY) celebration. Whether you are a citizen, Yoga professional, government entity, private company, public sector undertaking (PSU), educational institution, or a civil society body, there are numerous ways to contribute to the observance of IDY on June 21, 2025. The Ministry of Ayush (MoA) looks forward to collaborating with you and facilitating your efforts.

The following initiatives can be undertaken by various stakeholders on International Day of Yoga (IDY) – 21st June 2025, or in the lead-up to the event:

1. Citizens

Yoga is an invaluable ancient Indian practice that promotes both physical and mental well-being. In the aftermath of the COVID-19 pandemic, its benefits—particularly for immunity, stress relief, and overall health—have become even more relevant. Citizens can actively participate in the International Day of Yoga (IDY) 2025 through the following activities:

- **Join the Common Yoga Protocol (CYP) Demonstration:** Participate in the nationwide CYP session on June 21, 2025, at 7:00 AM. You can join a local gathering, watch the national broadcast of the live celebration, or follow a CYP video for guidance (refer to Section F - Digital Resources for Yoga).
- **Prepare in Advance:** If you are new to Yoga, consider undergoing CYP training before IDY. Training videos are available for free on the Ministry of Ayush's Yoga Portal (<https://yoga.ayush.gov.in/>), the MDNIY website (<https://yogamdny.nic.in/>), and their social media platforms. These videos will also be aired on TV and radio in the days leading up to IDY.
- **Access Multilingual Resources:** CYP instructional videos are available in multiple languages on YouTube and other digital platforms (see Section F - Digital Resources for Yoga).

2. Yoga Professionals

The International Day of Yoga (IDY) is an opportunity for Yoga professionals to promote the benefits of regular Yoga practice and contribute to a national movement for health and wellness. Here are some ways to actively engage and inspire public participation:



- **Lead CYP Training Programs:** Organize face-to-face or online training sessions for the public well in advance to ensure they are prepared for IDY on June 21, 2025 (see Section F - Digital Resources for Yoga).
- **Host Yoga-Related Events:** Conduct workshops, online lectures, and interactive sessions with Yoga experts to encourage participation, ideally starting at least three weeks before IDY.
- **Promote Awareness:** Use innovative methods to familiarize people with the Common Yoga Protocol (CYP) and encourage them to adopt Yoga in daily life.
- **Conduct Online Training Programs:** Organize 15-day CYP training sessions (one hour per day) and encourage friends and acquaintances to participate.
- **Utilize Social Media:** Share information about free IDY resources, events, and the Common Yoga Protocol through social media, tagging the Ministry to maximize reach.
- **Engage in Competitions & Awards:** Participate in video contests and nominate deserving individuals for the PM Yoga Awards (Apply here) on the MyGov platform (Visit MyGov).

3. Central Ministries/Departments and State/UT Administrations

IDY 2025 provides an opportunity for Central Ministries, Departments, and State/UT Administrations to promote the long-term health and well-being benefits of Yoga. They can engage individuals and institutions through the following initiatives:

IDY related activities:

- **Issue Internal Guidelines:** Circulate official directives outlining the significance of IDY and its observance.
- **Utilize Social Media:** Share IDY updates and resources from MoA's social media platforms (see Section F - Digital Resources for Yoga) on official handles.
- **Website Integration:** Display the IDY logo and upload guidelines and digital resources on official websites.
- **Promote CYP Awareness:** Encourage staff participation in Common Yoga Protocol (CYP) training, utilizing digital and virtual training sessions from Morarji Desai National Institute of Yoga (see Section F).
- **Circulate IDY Resources:** Distribute materials and links to Departments, employees, and partners for wider outreach, encouraging family participation.
- **Organize Yoga Events:** Conduct workshops, lectures, and training sessions with Yoga experts, starting at least three weeks before IDY 2025.
- **Encourage Participation in IDY Competitions:** Motivate employees to engage in contests on the MyGov platform (Visit MyGov), including the PM Yoga Awards (Apply here).
- **Distribute Yoga Essentials:** Provide Yoga attire, mats, and other IDY-branded items to employees to encourage participation.
- **Collaborate with NGOs:** Organize CYP workshops in partnership with NGOs and Yoga experts.
- **Plan Long-Term Yoga Initiatives:** Extend Yoga-related activities beyond June 21, 2025, ensuring a sustained impact.

4. Yoga Organizations and NGOs

Yoga Organizations and NGOs, driven by their commitment to wellness, can play a crucial role in making IDY 2025 a national movement. Here are key ways to contribute:

- **Issue Internal Guidelines:** Share IDY 2025 background and observance details within the organization and display them prominently on websites.
- **Engage Through Social Media:** Disseminate IDY updates using MoA's social media resources (see Section F - Digital Resources for Yoga).
- **Website Integration:** Display the IDY logo and upload guidelines and digital resources on organizational websites.
- **Promote CYP Training:** Conduct 15-day online CYP training programs (one hour daily) and ensure maximum participation.
- **Circulate IDY Resources:** Distribute digital materials and links to employees and partners for wider awareness.
- **Organize Yoga Events:** Host workshops, lectures, and training sessions with Yoga experts, starting at least three weeks before IDY 2025.
- **Encourage Participation in IDY Activities:** Motivate employees to engage in contests on MyGov (Visit MyGov), including the PM Yoga Awards (Apply here).
- **Distribute Yoga Essentials:** Provide Yoga attire, mats, and IDY-branded items to staff to encourage practice.
- **Publish IDY-Themed Content:** Feature articles on Yoga and IDY in newsletters, bulletins, or magazines.

5. Private Companies and PSUs

Pprivate companies and PSUs can actively promote the benefits of Yoga among employees and the public through the following initiatives:

- **Issue Internal Guidelines:** Share IDY 2025 background and observance details within the organization and display them on websites.
- **Maximize Social Media:** Disseminate IDY updates using MoA's social media resources (see Section F - Digital Resources for Yoga).
- **Website Integration:** Display the IDY logo and upload guidelines and digital resources on organizational websites.
- **Promote CYP Training:** Conduct 15-day online CYP training programs (one hour daily) and ensure maximum participation (CYP links in Section F).
- **Circulate IDY Resources:** Distribute digital materials and links to employees and partners for wider awareness.
- **Organize Yoga Events:** Host workshops, lectures, and training sessions with Yoga experts, starting at least three weeks before IDY 2025.



- **Encourage Participation in IDY Activities:** Motivate employees to engage in contests on MyGov (Visit MyGov), including the PMYoga Awards (Apply here).
- **Distribute Yoga Essentials:** Provide Yoga attire, mats, and IDY-branded items to staff to encourage practice.
- **Publish IDY-Themed Content:** Feature articles on Yoga and IDY in newsletters, bulletins, or magazines.
- **Host Online Competitions:** Organize Yoga-themed quizzes, essay contests, and other activities to engage employees and the younger generation.

6. Schools, Colleges, and Universities

Educational institutions can actively promote the benefits of Yoga among students, faculty, and staff through the following initiatives:

- **Issue Internal Guidelines:** Share IDY 2025 background and observance details within institutions and display them on websites.
- **Make us of Social Media:** Disseminate IDY updates using MoA's social media resources (see Section F - Digital Resources for Yoga).
- **Website Integration:** Display the IDY logo and upload guidelines and digital resources on institutional websites.
- **Promote CYP Training:** Conduct 15-day online CYP training programs (one hour daily) and ensure maximum participation.
- **Circulate IDY Resources:** Distribute digital materials and links to departments, employees, and students for wider awareness.
- **Organize Yoga Events:** Host workshops, lectures, and training sessions with Yoga experts, starting at least three weeks before IDY 2025.
- **Encourage Participation in IDY Activities:** Motivate students and staff to engage in contests on MyGov (Visit MyGov), including the PMYoga Awards (Apply here).
- **Distribute Yoga Essentials:** Provide Yoga attire, mats, and IDY-branded items to encourage practice.
- **Publish IDY-Themed Content:** Feature articles on Yoga and IDY in newsletters, bulletins, or magazines.
- **Host Online Competitions:** Organize Yoga-themed quizzes, essay contests, and other activities to engage students and faculty.
- **Collaborate with NGOs:** Conduct CYP workshops with Yoga experts and community organizations.
- **Encourage Local Participation:** Adapt activities based on local circumstances to maximize engagement in IDY 2025.



7. Gram Panchayats, Municipal Corporations, Housing Societies, and Other Civil Society Bodies

Local governing bodies and community organizations can promote the benefits of Yoga through the following initiatives:

- **Promote Common Yoga Protocol (CYP):** Conduct 15-day online CYP training sessions (one hour daily) and ensure widespread participation.
- **Disseminate Digital Resources:** Share Yoga-related materials and links (available in Section F) with citizens via WhatsApp groups and other platforms.
- **Organize Yoga Events:** Host workshops, lectures, and training programs led by Yoga experts, starting three weeks before IDY 2025.
- **Encourage Participation in IDY Activities:** Motivate residents to engage in MyGov contests (Visit MyGov), including the PM Yoga Awards (Apply here).
- **Collaborate with NGOs:** Arrange CYP workshops with Yoga experts and community organizations.
- **Adapt Activities Locally:** Customize initiatives based on local needs to ensure maximum participation in IDY 2025.

By implementing these activities, community organizations can help integrate Yoga into daily life, fostering a healthier society.



E. Auxiliary Initiatives

Surya Namaskar

On January 14, 2025, the Morarji Desai National Institute of Yoga (MDNIY), Ministry of Ayush, organized a mass demonstration of Surya Namaskar at its premises. This vibrant event promoted health and well-being, drawing enthusiastic participation from diverse groups.

In a video message, Shri Prataprao Jadhav, Hon'ble Minister of State (I/C), Ministry of Ayush, highlighted its significance, stating, "Surya Namaskar is an integral part of our heritage, fostering balance, harmony, and well-being. It is a way of expressing gratitude to the Sun, and I encourage everyone to make it a part of their daily routine for a healthier life."

Surya Namaskar integrates asana, pranayama, and meditation, revitalizing both mind and body. Each of its 12 steps, incorporating 8 asanas, is performed with synchronized breathing and movement, enhancing physical strength, concentration, and mental calmness. Ideally practiced at sunrise, it energizes the body and promotes overall well-being.

The event received extensive coverage on social media through the Ministry of Ayush and MDNIY platforms.

100 Days, 100 Cities, and 100 Organizations

From March 13 to June 21, 2025, MDNIY launched a global campaign—100 Days, 100 Cities, 100 Organizations—to celebrate the 11th International Day of Yoga (IDY). The initiative aimed to promote Yoga nationwide, encouraging its integration into daily life for improved health and well-being.





F. IT Resources for Yoga

CYP Videos (Hindi, English and 21 Regional Languages)

S. No.	IDY Videos – Common Yoga Protocol	YouTube Video Links
1.	Common Yoga Protocol – HINDI	https://www.youtube.com/watch?v=wgjZ_LyNLRw
2.	Common Yoga Protocol- ENGLISH	https://www.youtube.com/watch?v=K-GJh9GeOxE
3.	Common Yoga Protocol- Manipuri	https://www.youtube.com/watch?v=iOGza5C9YhI
4.	Common Yoga Protocol-Kannada	https://www.youtube.com/watch?v=k5W4sR7Ercs
5.	Common Yoga Protocol- Sanskrit	https://www.youtube.com/watch?v=KYDVngTkslo
6.	Common Yoga Protocol-Marathi	https://www.youtube.com/watch?v=JNvyqnlOYTY
7.	Common Yoga Protocol- Malayalam	https://www.youtube.com/watch?v=ijJQAw-_XO8
8.	Common Yoga Protocol-Bengali	https://www.youtube.com/watch?v=oUIZzBbXz_U
9.	Common Yoga Protocol- Kashmiri	https://www.youtube.com/watch?v=06h8PrIon3Y
10.	Common Yoga Protocol-Tamil	https://youtu.be/x_d3Ay7iy3c?si=h00xHn-YbfPNlqec
11.	Common Yoga Protocol-Urdu	https://www.youtube.com/watch?v=PWwp4KDQRwQ
12.	Common Yoga Protocol-Telugu	https://www.youtube.com/watch?v=hKUqsrAXC34
13.	Common Yoga Protocol-Assamese	https://www.youtube.com/watch?v=PEkxjWdNUU0
14.	Common Yoga Protocol-Punjabi	https://www.youtube.com/watch?v=LK4ZoeTKOdY
15.	Common Yoga Protocol-Oriya	https://www.youtube.com/watch?v=sqEHmSMCgt4
16.	Common Yoga Protocol-Gujarati	https://www.youtube.com/watch?v=0Bsb01XaCfc
17.	Common Yoga Protocol-Nepali	https://www.youtube.com/watch?v=PmyzIgT-09I
18.	Common Yoga Protocol-Sindhi	https://youtu.be/csXsJKj8hNk?si=Q0GmdQ9Bjyir2Qqj



19	Common Yoga Protocol-Santali	https://youtu.be/ZhEQ2NDSuM0?si=AucXJysm1L7pamDX
20	Common Yoga Protocol-Konkani	https://youtu.be/OXPJSP-7rHk?si=QHH9rjoTBQBv6t4P
21	Common Yoga Protocol-Dogri	https://youtu.be/i-FZNmoD6FU?si=N7P5f3TT-DdrKeP4
22	Common Yoga Protocol-Bodo	https://youtu.be/rPkNbhCW1Mc?si=j3eD1SoNRfHJAe4f
23	Common Yoga Protocol-Maithili	https://youtu.be/WGD43Us5awM?si=rgmfalI7Giw3vSFL





Links of MoA and MDNIY Websites, Social Media Platforms, and Institutions

S. No.	Ministry of Ayush/Institutes	Website Links
1.	Ministry of Ayush Website	https://ayush.gov.in/index.html
2.	Yoga Portal – Ministry of Ayush	https://yoga.ayush.gov.in/
3.	Ministry of Ayush – YouTube Channel	https://www.youtube.com/channel/UCqRR2gs-I3zrNcE4so4TpgQ
4.	Ministry of Ayush – Facebook Page	https://www.facebook.com/moayush/
5.	Ministry of Ayush – Twitter	https://twitter.com/moayush
6.	Ministry of Ayush – Instagram	https://www.instagram.com/ministryofayush/?hl=en
7.	Morarji Desai National Institute of Yoga (MDNIY)	http://www.yogamdniy.nic.in/
8.	MDNIY-YouTube	https://www.youtube.com/@mdniyyoga
9.	MDNY-Facebook	https://www.facebook.com/mdniyayush
10.	MDNIY- Instagram	https://www.instagram.com/mdniy yoga?igsh=MnZ1cjhwbmZvb3Nw
11.	MDNIY- Twitter	https://x.com/mdniy?t=Gq5SesyHmcZqBJi-JtZaBQ&s=08
12.	Central Council for Research in Yoga & Naturopathy (CCRYN)	https://naturopathyday.in/index.php
13.	National Institute of Naturopathy (NIN), Pune	https://punenin.org/

IDY Infographics and Creatives

A consolidated drive has been created where various infographics and creatives are being uploaded regularly. These can be used by the IDY organizers for event publicity on their respective websites and social media platforms.



WHO - mYoga App

MDNIY as a WHO Collaborative Centre in Traditional Medicine (Yoga) prepared a mobile platform (mYoga) App on “Yoga Protocol for General Wellness” that offers Yoga learning modules and practice sessions for a global audience. The mYoga app was launched by Hon’ble Prime Minister of India on International Day of Yoga 2021, i.e., 21st June, 2021 which is available on Google Play Store and App Store.

Yoga Break (Y-Break)

Y-Break or Yoga Break is a 5 -minute exercise designed for the workplace to help professionals to de-stress, refresh and re- focus. It consists of a few light practices that can be done by taking a 5 minutes break from work.

Y- Break 'Yoga Break at Workplace' Yoga protocol was devised with an aim to get De-stressed, Re-freshed and Re-focused to enhance immunity at the work place by practicing selected Yoga practices for short duration to accrue the benefits as projected from Yoga practice for a longer duration.

The revised Y-Break app now containing four modules viz.

1. Yoga at Workplace.
2. Yoga at Chair.
3. Yoga for Workaholic 1.
4. Yoga for Workaholic 2.

The protocol comprises few simple Yogic practices as follows:

- Tadasana-Urdhva Hastottanasana
- Skandhachakra-Uttanamandukasana
- Ardha Chakrasana-Prasarita Padottanasana
- Kati Chakrasana
- Deep Breathing - Nadishodhana Pranayama
- Bhramari Pranayama & Dhyana



Namaste-Yoga App

Namaste Yoga App is a one stop health solution that enables people to access yoga related information, Yoga centres, events and trainers at their fingertips. The app provides a platform for Yoga centers and trainers to promote themselves. Certified trainers can register themselves and their business address on the app that is geo tagged to the location. This enables people to find yoga centers or classes near them.



G. Tracking Participation in IDY 2025

To capitalize on the health-giving potential of Yoga, the Ministry intends to track participation numbers of IDY 2025. These will provide valuable inputs to plan public health interventions based on Yoga.

Dedicated internal Google forms or offline templates can be utilized internally to collect the participation data for IDY 2025. The Google form/offline template can include basic fields like Serial Number, Name of the Event Organizer, Location, Number of People/Families Participated, Contact Details of the SPoC/Nodal Officer (Name, Designation, Phone Number, and E-mail Address required).

A Single Point of Contact (SPoC)/nodal officer can be nominated to fill in the participation data for the entire organizing body, ensure that there is no duplication in the data submissions, and subsequently share it with MoA. It is requested that the updated proforma or data should be forwarded to MoA by 22/06/25. The Ministry would be pleased to extend technical support as required by the Event Organizers. By providing such details, you will be contributing to planning and implementing future public health initiatives centered around Yoga.

S. No.	Name Of the Organizing Body	Location	Number Of Individuals Participated (IDY Observance)	Contact Details (Name, Designation, Phone Number, And E-mail Address of The SPoC)



H. Appendices (Appendix 1: UN Resolution on IDY)

Resolution adopted by the General Assembly on 11 December 2014 [without reference to a Main Committee (A/69/L.17 and Add.1)] 69/131. International Day of Yoga

The General Assembly,

Recalling its resolutions 66/2 of 19 September 2011 on the Political Declaration of the High-level Meeting of the General Assembly on the Prevention and Control of Non-communicable Diseases and 68/98 of 11 December 2013 on global health and foreign policy,

Reaffirming General Assembly resolutions 53/199 of 15 December 1998 and 61/185 of 20 December 2006 on the proclamation of international years, and Economic and Social Council resolution 1980/67 of 25 July 1980 on international years and anniversaries,

Noting the importance of individuals and populations making healthier choices and following lifestyle patterns that foster good health,

Underscoring the fact that global health is a long-term development objective that requires closer international cooperation through the exchange of best practices aimed at building better individual lifestyles devoid of excesses of all kinds,

Recognizing that Yoga provides a holistic approach to health and well-being, recognizing also that wider dissemination of information about the benefits of practicing Yoga would be beneficial for the health of the world population,

1. Decides to proclaim 21 June as the International Day of Yoga;
2. Invites all Member and observer States, the Organizations of the United Nations system, and other international and regional Organizations, as well as civil Society, including non-governmental Organizations and individuals, to observe the International Day of Yoga, in an appropriate manner and in accordance with national priorities, in order to raise awareness of the benefits of practicing Yoga;
3. Stresses that the cost of all activities that may arise from the implementation of the present resolution should be met from voluntary contributions;
4. Requests the Secretary-General to bring the present resolution to the attention of all Member and observer States and the Organizations of the United Nations system.

The PDF version of this resolution is available on UN's webpage on IDY and can easily be download from here <http://undocs.org/A/RES/69/131>



Appendix 2: DoPT Y Break O.M.

F.No. 11012/2/2014-Welfare
Government of India
Ministry of Personnel, Public Grievances and Pensions
Department of Personnel and Training
Welfare Division

Room No.385, 3rd Floor
Lok Nayak Bhawan, Khan Market, New Delhi
Dated 02nd September, 2021

OFFICE MEMORANDUM

Subject :Introduction of short duration protocol Yoga break (Y-Break) for people at work place -regarding

Ministry of AYUSH informed that they have designed & developed Five Minutes duration Yoga Protocol, named Y-Break for work place by an Expert Committee in the year 2019 and the module was launched in January, 2020 on Pilot Project basis in 6 major Metro cities (Delhi, Mumbai, Chennai, Bangaluru, Hyderabad and Kolkata) with the help of various stakeholders. Feedback of the same was very encouraging.

2. Consequent to above success, Ministry of Ayush developed an android based application Y Break and the same was made available recently in Google Play Store for access by public. A campaign was launched to spread awareness of the same to provide access & usage of Y-Break Protocol/App among people at work places with a view to refresh, de-stress and refocuses them with enhanced efficiency and productivity at workplaces.

3. In order to spread awareness about access & usage of Y-Break Protocol/App among workforce for all sectors (Public/Private), all Ministries/Departments of Government of India are requested to promote the usage of Y-Break Protocol among the employees and accordingly issue necessary directions/guidelines for all employees including employees of attached and subordinate offices to download the android based application namely Y-Break from Google Play Store.

(Signature)
2-9-21

(VanitaSood)

Deputy Secretary & Chief Welfare Officer

To


All Ministries/Departments (Through DoPT's website.)



सत्यमेव जयते

Ministry of Ayush

Government of India

 www.ayush.gov.in