

राष्ट्रीय इलेक्ट्रॉनिकी एवं सूचना प्रौद्योगिकी संस्थान (रा.इ.सू.प्रौ.सं.)
National Institute of Electronics and Information Technology (NIELIT)

(An ISO 9001 : 2008 Certified Organisation)

इलेक्ट्रॉनिकी और सूचना प्रौद्योगिकी मंत्रालय, भारत सरकार
Ministry of Electronics and Information Technology, Government of India

File No: I-22014/5/2021-Projects/613

Date: 04.06.2021

OFFICE MEMORANDUM

In order to celebrate **21st June, The International Day of Yoga (IDY)** this year and to make it a nationwide campaign, the activities which are to be performed on its 7th consecutive observation on the 21st June, 2021 have been listed vide MeitY Communication No 9(1)/2018-GC dated 28/05/2021[copy attached as Annexure-I].

It is requested to take necessary action for observation of IDY, 2021 and action report including photographs in the matter be submitted by 23rd June, 2021 on email socialmedia@nielit.gov.in

(Dr. Janak Raj)

Registrar

To:

Executive Directors/Directors/Director-in-Charge/Heads of NIELIT Centres/
Extension Centres

Copy to:

1. SO to DG
2. Nodal Officer Yoga, NIELIT HQ
3. Webmaster, NIELIT HQ for uploading the OM on NIELIT website

No. 9(1)/2018-GC
Government of India
Ministry of Electronics & IT
(GC Section)

New Delhi – 10 003
Dated: 28.05.2021

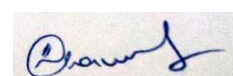
Subject : International Day of Yoga 21st June, 2021- Regarding

Yoga offers numerous rewards that improve our health and secure us peace of mind. It improves our performance at workplace, has a positive impact on our personal relationships and helps us to maintain harmony with the surroundings in which we live. Yoga has something to offer to everyone, be it a hopeful child, an aspiring youth, a parent, or senior citizens. IDY is already the country's greatest mass movement for public health, and participating in it is an inspiring way to get introduced to Yoga. The objective is to build an enduring public interest in Yoga, by highlighting its importance and contribution as a significant asset for improving public health and emotional wellness, inspire the people to continue the practice of Yoga beyond.

2. As is well-know, the 7th International Day of Yoga falls on 21st June 2021. The observation of IDY started in 2015, following a decision of the United Nations to observe 21st June as the day dedicated to Yoga. It is matter of pride to all Indians that this decision came at the behest of the Hon'ble Prime Minister of Indian, who proposed this in his speech to the UN General Assembly in September 2014.

3. IDY is for all of us. Just like IDY 2020, IDY 2021 will also be a COVID 19 – compliant event, based on the prevailing directions of the Gol and concerned State Govt/UT at that point of time, as the situation continues to evolve.

4. In order to make the IDY – a nation wide campaign for public health, it is requested that necessary action may be taken on the list of activities proposed for observance of IDY 2021 and action report in the matter may also be submitted in this regard.



(Devender Pal)
Dy Director

To

Head of Organisations under MeitY

Copy for information to:

- i) OSD to Secretary/PPS to AS/GC(Pers), MeitY

Proposed Activities for observance of 7th International Day of Yoga :

Sl. No	Activity
1	The observation of International Day of Yoga (IDY) 2021 may be displayed prominently on websites.
2	Using your social media platforms to spread for latest updates and information about IDY. The required inputs can be easily accessed from the social media platforms of the M/o AYUSH and this can be shared on or adapted to the official social media platforms, as deemed fit.
3	Displaying IDY logo on the website
4	Familiarizing the employees/staff with Common Yoga Protocol (CYP). Information about the quality digital training resources and daily virtual training sessions being offered by the Morarji Desai National Institute of Yoga (MDNIY), an autonomous institute under M/o AYUSH may be widely publicized among the public and the staff. Organising online training programmes on CYP and ensuring maximum participation in the same, in a COVID-19 compliant manner can be considered.
5	Circulating related materials to all centres, employees, so that they can be further shared externally to raise awareness. Employees may be encouraged to include their families in the IDY activities.
6	Organizing Yoga-related activities such as online lectures, workshops etc. by Yoga experts.
7	Distributing Yoga attire, Yoga mats, and other Yoga related goodies duly having the logo of IDY 2021, to their staff, and encouraging everyone to practice and adopt Yoga.
8	Publishing Yoga and IDY-specific articles in the official e-newsletters, bulletins, magazines etc.
9	Encouraging employee and staff to participate in IDY activities organized by M/o AYUSH on MyGov platform (https://www.mygov.in/).
10	Organising CYP workshops in association with other organizations, involving Yoga experts, subject to COVID-19 guidelines.
11	Planning long term activities related to Yoga, so that the impact of IDY-related mobilization goes on well beyond 21st June 2021.
12	Some online competitions like quiz, essays etc on Yoga-theme may also be organized to create interest among the volunteers/employees/public, especially among the younger generation.
13	Depending on the local circumstances, people may be encouraged to participate in IDY 2021 from their homes contingent on the COVID-19 related Government guidelines on the management of the pandemic, especially on physical distancing norms and the use of basic protective measures such as masks and sanitizers etc.