

Annexure 1: Modified Guidelines for Yoga@Home

The following guideline provide steps that can be undertaken to promote IDY 2021 and encourage people to do Yoga from Home and with limited person at common place strictly following **COVID APPROPRIATE BEHAVIOUR**, especially at 7 am on the 21st June, 2021.

(These are suggested steps which should be considered in addition to specific communications sent by the Ministry of AYUSH)

The corona crisis has offered an opportunity for the people to explore the true benefits of yoga this year also. The prime Minister in his 65th Mann ki Baath program on 31st may 2020 said that “Yoga has assumed importance across the world and people who were not aware of it have also started learning it. During the corona crisis, people in Hollywood to Haridwar have become conscious of the benefits of Yoga. Sitting at their homes, people are learning about Yoga”. Yoga is good for community, immunity and unity. He further added that in times of corona crisis, its importance has increased as Yoga is mainly about strengthening the respiratory and immune system. Like the previous year this year also the IDY is being done in the confines of your home and **with limited person at common place strictly following COVID appropriate behaviour**. You may involve your family in the practice of Common Yoga protocol during IDY on 21st June 2021 between 7am to 7.45am.

IDY-2021 presents on occasion for all the Universities & their affiliated colleges along with all the schools to come forward and spread the message about the rewards of regular practice of yoga among their students/employees/staff. Every individual stands to gain from the regular practice of yoga through long term benefits in health, happiness and well being. Each Student/Staff can play an important role in making IDY an effective national movement for health and wellness. Here are some suggested activities to reach out to all the students/employees/staff and induct them into the blissful world of yoga:

- This year’s IDY will be observed around the themes Yoga @Home, Yoga with family and **with limited persons at common place strictly following COVID appropriate behaviour**.
- Institutions are requested to issue internal guidelines within their organization/offices giving the background of the observation of International Day of Yoga (IDY)-2021.
- Efforts may be taken to organize Yoga related activities such as online lectures, workshops etc. by Yoga experts, starting 1 week ahead of IDY. This would help in building up enthusiasm as we draw closer to 21st June, 2021.
- Since the focus of IDY would be on individual and family yoga demonstrations based on Common Yoga Protocol (CYP), efforts may be made to familiarize the employee/staff with CYP. Organising of training programmes of 15 day duration (one hour per day) on CYP and ensuring participation using social distancing norms is recommended. Alternatively Ministries can disseminate the videos of common yoga protocol that is in Youtube and yoga portal.
- The Common Yoga Protocol shall be performed individually or with family within the confines of their homes or **with limited persons at common place strictly following**

COVID appropriate behaviour on 21st June, 2021 from 7:00 A.M. to 7:45 A.M. followed by any suitable and customized 15-minute programme on Yoga.

- Institution may strive to distribute Yoga attire, Yoga Mats, Caps etc. duly having the logo of IDY to their students/employees/staff and encourage everyone to practice and adopt Yoga.
- Some competitions on Yoga-theme may also be organized to create interest among the students/employees.
- Institution may arrange a live screening of Doordarshan's national telecast related to International day of Yoga on 21st June, 2021, to foster the sense of participating in the nation-wide yoga movement.
- Banners/ Cut outs on IDY - 2021 may be displayed at vantage points.
- Institution can display Yoga Charts and standees inside their offices.
- If the Institution is having any official newsletter, bulletin or magazine, articles and related matter about Yoga may be published.
- Institution may encourage their students to participate in quiz and other competitions being organized by Ministry of AYUSH. They may encourage their students to participate in the online video contest (My Life- My Yoga) conducted by CCRYN, Ministry of AYUSH and ICCR. One can find the guidelines and competition details in the yoga portal of Ministry website.
- Organise Yoga lectures, webinars on health in association with NGOs involving Yoga experts.
- It is of utmost important that the concept of Yoga@Home be highlighted in any such communication, due to COVID-19 to avoid any miscommunication/misunderstanding which may lead to the violation of leading GoI advisories on the management of the pandemic— especially mass gatherings, social distancing norms, and use of basic protective measures such as masks and sanitisers.
- Institution may plan long term activities related to Yoga, so that the impact of IDY-related mobilization goes on well beyond 21st June, 2021.