Government of India
(Ministry of Defence)
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15 YEARS OF CELEBRATING THE MAHATMA

हर एक काम देश के नाम / Har Ek Kaam Desh Ke Naam

No. AN/III/1045/IDY/2021-22   Dated: 09.06.2021.

CIRCULAR
(Through CDA, Sec-bad Website)

To,

All Sub Offices (as per standing list)

Subject: Celebration of 7th International Day of Yoga (IDY) on 21.06.2021– reg.

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International Day of Yoga (IDY) is observed every year on 21st June, by organizing suitable programmes and activities at different levels.

In this regard, keeping ongoing COVID-19 Pandemic situation in view, no physical events are being conducted this year. However, it has been directed by the Competent Authority that the following activities under International Day of Yoga (IDY) should be taken up as detailed below, under the organization of CDA, Secunderabad and in all sub-offices.

Suggested activities are as follows:-

1. Elaborate Videos and guides on Common Yoga Protocol (CYP) are available on MoA's Yoga Portal **(https://yoga.ayush.gov.in/idy-2021)** and on MDNIY's website **(http://www.yogamdniy.nic.in/).** Officers and Staff are suggested to visit the websites and go through the material available for information on Yoga.

2. Quality digital training resources and daily virtual training sessions are offered by the Morarji Desai National Institute of Yoga **(http://www.yogamdniy.nic.in).** Interested candidates may enroll by paying the fees online.

3. CYP guidelines to be followed during COVID-19 pandemic have been uploaded on the CDA, Secunderabad official website for ready reference of Officers and Staff.

4. 7th IDY banner will be displayed at the main entrance.

5. Posters & impressive quotations on yoga will be placed at various places in the offices for increasing awareness about the impact of Yoga on health. The soft copies of posters and quotations are uploaded on the CDA, Secunderabad official website for the same.

(S. Vatsala, IDAS)
Asst. Controller (AN)