

**BIS HQ/ADMN/Circular(40)/2020**

**Date: 12 June 2020**

**BUREAU OF INDIAN STANDARDS**  
**(Administration Department)**

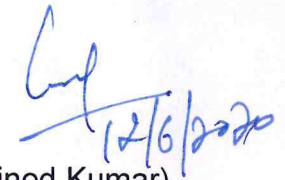
**CIRCULAR**

**Subject: Observance of the International Day of Yoga (IDY), 2020 – reg.**

This has reference to letter ref. No. N-27/01/2018-P&C dated 9 June 2020 of DoCA forwarding therewith a copy of D.O. No. M.16011/42/2019 YN dated 3 June 2020 of Ministry of AYUSH on the above subject (copy enclosed), for kind perusal.

2. HoDs of all the departments at HQs/ROs/BOs/Labs/NITS are, therefore, requested to ensure compliance of the instructions of DoCA.
3. It is also suggested that Poster/Drawing Competition and Slogan Writing Competition on yoga may also be organized and share the same with BIS social media platform.
4. This issues with the approval of Competent Authority.

Encl: as above

  
(Vinod Kumar)  
Director (Administration)

Our Ref: ADMN/02/50/2015

Date: 12 June 2020

Circulated to: All Departments at HQs/ROs/BOs/Labs/NITS etc. through BIS Intranet.

No. N-27/01/2018-P&C  
Government of India  
Ministry of Consumer Affairs, Food and Public Distribution  
Department of Consumer Affairs

Krishi Bhawan, New Delhi  
Dated the 9<sup>th</sup> June, 2020

To

1. The Director General, Bureau of India Standards (BIS), Manak Bhawan, New Delhi.
2. The Registrar, NCDRC, New Delhi.
3. The Director General, NTH, Calcutta.
4. Director, IILM, Ranchi.

*Pranav*  
9.6.20  
DCA  
DDG-A  
Remd  
09/06/20

**Subject:-** Observance of the International Day of Yoga (IDY), 2020 – reg.

Sir,

I am directed to forward herewith a copy of D.O. No. M.16011/42/2019-YN dated 3<sup>rd</sup> June, 2020 received from Ministry of AYUSH on the subject mentioned above for information and necessary compliance.

✓ DCA - Pl. dist.  
and see \* we may  
plan accordingly  
PR

Encl. As Above.

*Dismissed*  
*Pl. put up*  
*9*  
*10/6/20*

\_\_\_\_\_  
Jasbir Tiwari  
(Jasbir Tiwari)  
Under Secretary to the Govt. of India  
Tele No. 23381233

Copy to: for similar action please.

All Divisional Heads in the Department of Consumer Affairs.

DG Dy. No. 2759  
Dated 09/06/2020

संयुक्त खास दफ्तर  
उत्प्रेषण दफ्तर  
व्यवस्थापक, सं. व.  
61  
DCA Dy. No.  
10/06/2020





सत्यमेव जयते

वैद्य राजेश कोटेचा  
Vaidya Rajesh Kotecha

सचिव  
भारत सरकार  
आयुर्वेद, योग व प्राकृतिक चिकित्सा  
यूनानी, सिद्ध, सोवा रिग्पा एवं होम्योपैथी (आयुष) मंत्रालय  
आयुष भवन, 'बी' ब्लॉक, जी.पी.ओ. कॉम्प्लेक्स,  
आई.एन.ए, नई दिल्ली-110023  
SECRETARY  
GOVERNMENT OF INDIA  
MINISTRY OF AYURVEDA, YOGA & NATUROPATHY  
UNANI, SIDDHA, SOWA-RIGPA AND HOMOEOPATHY (AYUSH)  
AYUSH BHAWAN, B-BLOCK, GPO COMPLEX  
INA, NEW DELHI-110023  
Tel. : 011-24651950, Fax : 011-24651937  
E-mail : secy-ayush@nic.in

D. O. M.16011/42/2019-YN  
Date: 3<sup>rd</sup> June, 2020

Dear colleague,

I am writing this for seeking your kind support for promotion of activities related to the observance of the International Day of Yoga (IDY), 2020 scheduled to be held on 21.06.2020. It is pertinent to note that in light of current pandemic situation in the country, the observation of International Day of Yoga (IDY-2020) may need to be re-purposed, requiring social distancing and other guidelines of the Government. There is a need to encourage people to pursue Yoga from their homes in this situation to serve the twin objectives of:

- (i) Health promotion including building of immunity through yoga, and
- (ii) Providing relief from stress and improving the sense of well-being by the practice of yoga.

It may kindly be recalled that since the year 2015, after the United Nations General Assembly took the historic decision to declare 21<sup>st</sup> June as the International Day of Yoga, this day has been observed all over the world with a lot of enthusiasm. However, due to COVID-19 situation, no mass gathering would be advisable this year. With a slight modification from the earlier approach, Ministry of AYUSH would like to encourage people this year to practice yoga at their home along with their family members. As a step towards this, the Ministry of AYUSH is planning to maximize the use of social and digital media platforms like YouTube, Facebook, Twitter, Instagram etc. to facilitate online participation from the people. Considering that your Ministry/ Department also have dedicated media and publicity platforms, I would request that the various decisions, events etc. related to IDY are shared, tweeted and liked from those platforms as well. Please also find attached at Annexure I a note on how the common people can join IDY-2020 from their respective homes.

Further, the employees of your Ministry/Department, attached and subordinate offices, autonomous organisations, institutions and other stakeholders may kindly also be encouraged to practice and propagate yoga with their family members in the run up to the IDY in such a way that it becomes a part of their life. Yoga@home and Yoga with family may kindly be considered as an organizational goals for this season. Government servants are opinion leaders in their respective communities, and their embracing of yoga will certainly inspire others to emulate it.

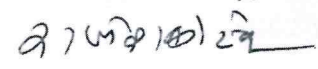
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For any assistance and seamless coordination, Shri P. N. Ranjit Kumar, Joint Secretary (011-24651938) or Shri Vikram Singh, Director (09868893051), Ministry of AYUSH may please be contacted.

With regards,

Yours sincerely,



**(Rajesh Kotecha)**

Encl. as above

To,

**All Secretaries to Government of India (As per list attached)**



## I want to be a part of IDY -2020. What should I do?

Congratulations for deciding to be a part of IDY- 2020.

Yoga is an invaluable ancient practice of India with multiple physical and mental health benefits. The Covid 19 crisis and the consequent restrictions on movement of people and slowing down of economic activity have led the entire world into difficult times. In this scenario, the rewards of Yoga are very relevant. Of particular importance are (i) its proven positive impact on general health and immunity enhancement, and (ii) its globally accepted role as a stress reliever.

While mass performance of Common Yoga Protocol (CYP) will remain at the heart of the observation of IDY this year also (as in previous years), this will be done in a non-congregative way, in the respective homes of participants. You and your family can join thousands of others by doing the 45- minute long CYP drill at 7.00 AM on 21<sup>st</sup> June 2020 at home. The CYP is a Yoga Protocol developed by accomplished Yoga experts, to facilitate harmony in the observation of IDY. 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 differences, with a training sessions. (Individuals facing health issues are advised to consult a physician before taking up Yoga practice).

To make the observation of IDY at home feasible, the Ministry of AYUSH and other stake-holders have been running multiple training programmes on Yoga and CYP. These programmes are being intensified, and daily online sessions on Common Yoga Protocol will be streamed on the Ministry's Social Media Platforms as well as partnering TV Channels. You may watch the Ministry's social media handles for details. Announcement on specific activities for 21<sup>st</sup> June 2020 will also be made on these channels. Various reputed Yoga institutions will also be imparting online training lessons in CYP in the coming days. Please use these resources and prepare yourself and your family in advance for IDY-2020.

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

June 21<sup>st</sup> is just a few days away. Prepare yourself, and be there to do Yoga with the world.

See you at 7.00 AM on 21<sup>st</sup> June 2020.