

भारतीय कृषि अनुसंधान परिषद  
कृषि भवन नई दिल्ली

मि.स. 61A6-13-1/19 समन्वय

दिनांक 7 जून, 2019

सेवा में,

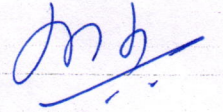
भारतीय कृषि अनुसंधान परिषद  
संस्थानों /राष्ट्रिय अनुसंधान केन्द्रों के  
समस्त निदेशक /परियोजना निदेशक

महोदय,

कृपया इस पत्र के साथ सलग्न पत्र आवश्यक कार्यवाही हेतु देखे

धन्यवाद

भवदीय



( वित्सेंट टी )

अनुभाग अधिकारी (समन्वय)





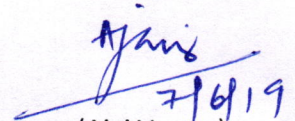
INDIAN COUNCIL OF AGRICULTURAL RESEARCH  
KRISHI BHAVAN: NEW DELHI-1.

F.No.GAC/13-1/2018-CDN

Dated the 7<sup>th</sup> 6.2019

**ENDORSEMENT**

Ministry of Ayurveda, Yoga & Naturopathy, Unani, Siddha, Sowa-Rigpa and Homeopathy (AYUSH), New Delhi has issued D.O. No. M-16011/15/2019-Y&N (Pt.I) dated 30<sup>th</sup> May, 2019 regarding Celebration of "Festival of Yoga and Wellbeing" on the Occasion of International Day of Yoga. An annexure suggesting activities for "Festival of Yoga and Wellbeing" is also enclosed in the D.O. The above mentioned D.O. dated 30<sup>th</sup> May, 2019 is being uploaded on the ICAR website [www.icar.org.in](http://www.icar.org.in) and e-office for compliance.

  
(Ajai Verma)

Under Secretary (GAC)

**Distribution:**

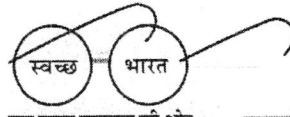
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2. All officers/ Sections at ICAR Krishi Bhawan/ KAB-I & II/ NASC
3. Secretary (SS), CJSC, CSWCRTI, Dehradun.
4. Secretary (SS), HJSC, ICAR
5. Sr. PPS to DG, ICAR/ PPS FA (DARE)/ PPS to Secretary, ICAR
6. Media Unit for placing on the ICAR Website.
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सत्यमेव जयते

वैद्य राजेश कोटेचा  
Vaidya Rajesh Kotecha



सचिव (डेयर) एवं मनि. (भा.क.अनु.प.) का कार्यालय  
Office of Secy. (DARE) & DG (ICAR)  
Office Dy. No. 310333  
Date 31/5/19

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  
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D.O.No. M-16011/15/2019-Y&N(Pt. I)  
Dated: 30<sup>th</sup> May, 2019

Dear Secretary,

We are just a few weeks away from the International Day of Yoga (IDY)-2019, which falls on 21<sup>st</sup> June, 2019. I am writing to seek your valuable support in this national effort. The Ministry of AYUSH has been mandated with the task of promoting Yoga among people from all walks of life because of its health promotive potential.

2. Based on meeting of Committee of Secretaries (CoS) held in Cabinet Secretariat on 16.05.2019 and the various suggestions given by Yoga Institutes in the Inter-Ministerial Meeting organized by Ministry of AYUSH on 13.05.2019, it was decided to start a daylong event along with Mass Yoga Demonstrations based on the Common Yoga Protocol (CYP) on 21.06.2019 from 7:00 AM to 8:00 AM on the occasion of IDY called "**Festival of Yoga and Wellbeing**". This "Festival" will make IDY a more inclusive event. A concept note on the "Festival", which incorporates suggested action points, is enclosed for your perusal.

3. The Government's aim is to make Yoga an integral part of the citizens' lifestyle and thereby secure a healthy life for all. This Ministry feels that the "Festival of Yoga and Wellbeing" is an important step in this direction. I therefore request your whole-hearted support to celebrate this "Festival" on 21.06.2019. I would be grateful if urgent steps are caused in this direction, considering that we have very limited time ahead of IDY -2019.

With regards,

Encl. As above

Secy. (DARE)  
ADN (Coord.)

*[Signature]*

Yours sincerely

*[Signature]*

(Rajesh Kotecha)

urgent To, A.

All Secretaries to the Government of India

*[Handwritten note: PS AG/ SP may work out strategy w/ consultation with OS, C.A.E. & develop prompt action]*

*[Signature]*  
31/5  
R. K. SP / SO (IT)  
31/5/19

**Festival of Yoga and Wellbeing 2019**  
**[On the occasion of International Day of Yoga, 2019]**

At present the centre-piece of the IDY observation is the standardised Mass Yoga Demonstration drill. This is held uniformly in thousands of venues across the country at 7.00 AM on 21<sup>st</sup> June every year, and the demonstrations are based on the common Yoga Protocol (CYP). However, in order to make IDY a more inclusive event, it is decided to have a "Festival of Yoga and Wellbeing" on the Day, and to spread the activities across the entire day, as part of the "Festival".

2. While there is no doubt that Mass Yoga Demonstrations based on CYP is the best way to tap the public-health potential of the IDY event, the additional activities in a "festival" mode will appeal more to those who are yet to be initiated into yoga, and inspire them to learn about yoga. This will make the entire IDY observation more flexible and more inclusive.

3. **Suggested Activities for the festival:** The focus of the "festival" can be activities other than Mass Yoga Demonstrations, so that the space requirement is reduced. Consequently, such events can be held in covered venues like auditoriums, where a large number of people can participate, thus minimising the possibility of disruptions by rain. An atmosphere of festivity can be created using elements of song, drama etc. It may be noted that the "festival" activities are expected to be scheduled after the early morning activity based on CYP is over. A list of suggested activities for the "Festival" is given at Annexure I.

4. **Timings of Festival Activities:** Such events can be scheduled at any time during the day on 21<sup>st</sup> June, after the conclusion of the CYP based activities in the morning. This would give flexibility to accommodate the convenience of the wider audience including senior citizens and the less-abled.

5. **The target audience:** The target audience can be those segments of population which have not yet become regular practitioners of Yoga.

6. **Objectives:** An effort can be made to use these activities to attract the youth and children to Yoga. The contemporariness of yoga and its health benefits can be projected. Role of Yoga in education sector can be explored through these festivals by targeting children and young people.

7. **Yoga at work place:** Avenues of Yoga in work place can be explored of conducting this day- long festival in most of the organizations (Govt., PSUs and Private firms) on Voluntary basis. Aspects of increase in employee productivity,

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decrease in stress and anxiety in the work place, improved employee health and wellbeing, etc. through Yoga can be highlighted in the festival.

8. By organizing "Festival of Yoga and Wellbeing" role of Yoga in the health care sector can be highlighted by show-casing the positive effects of Yoga in promotion of health and prevention of certain diseases. Various studies have already shown positive effects of Yoga in managing stress-related disorders, respiratory allergies, anxiety neurosis, diabetes, coronary heart disease, and rehabilitation of disabled.

9. The Ministry of AYUSH seeks the support and involvement of all stakeholders for the "Festival of Yoga and Wellbeing", and to take it up on June 21, 2019 in their respective centres/ spheres of activity in a befitting manner, and to strive to ensure maximum participation in the same.

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**Suggested activities for "Festival of Yoga and Wellbeing"**

The following activities can be organized as a part of "Festival of Yoga and Wellbeing" in addition to Common Yoga Protocol:-

- I. Various competitions with focus on highlighting the potential health benefits of adopting Yoga in day-to-day lifestyle can be conducted across various venues. The competitions can be:
  - a) Slogan Competition.
  - b) Article Writing Competition.
  - c) Poster making Competition.
  - d) Quiz Competition.
  - e) Music and group dance Competitions on Yoga theme.
- II. Yoga themed songs can be played in the event venues.
- III. Various cultural events can be conducted.
- IV. "Flash mob" in prime locations like historical monuments, malls, airports etc. can be organised.
- V. Lectures, workshops and various other education programmes on the health benefits of Yoga can be delivered through media.