



भारतीय कृषि अनुसंधान परिषद  
कृषि भवन, नई दिल्ली - ११०००१

मिसिल. संख्यां 13(3)/2023 समन्वय

दिनांक: 13, जून 2023

सेवा में,

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

महोदय/महोदया,

कृपया इस अनुमोदित / परिचालित संलग्न पत्र आवश्यक कार्यवाही हेतु देखे।

धन्यवाद !

भवदीय

(हरिपाल ठाकुर)

अवर सचिव (समन्वय)



**INDIAN COUNCIL OF AGRICULTURAL RESEARCH  
KRISHI BHAWAN, NEW DELHI-110 001**

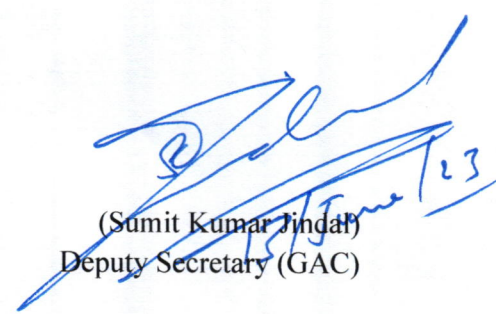
F. No.GAC-13(3)/2023-CDN

Dated 13<sup>th</sup> June, 2023

**ENDORSEMENT**

**Sub: - Regarding Intenational Day of Yoga(IDY)**

A copy of Secretary, Ministry of Ayush, Government of India's D.O. Letter No.M-16011/13/2022-YN dated 8<sup>th</sup> June, 2023 regarding the aforesaid subject is being uploaded on the ICAR website [www.icar.gov.in](http://www.icar.gov.in) and e-office for information and compliance.

  
(Sumit Kumar Jindal)  
Deputy Secretary (GAC)

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1649150/2023/Coordination Section



वैद्य राजेश कोटेचा  
सचिव

Vaidya Rajesh Kotecha  
Secretary



सत्यमेव जयते

आज़ादी का  
अमृत महोत्सव

भारत सरकार  
आयुष मंत्रालय  
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Ministry of Ayush  
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E-mail : secy-ayush@nic.in

D.O. No. M-16011/13/2022-YN  
8<sup>th</sup> June, 2023

Dear Colleague,

As you are aware the International Day of Yoga (IDY) is commemorated on June 21<sup>st</sup> every year with whole of Government approach with support from all Central Government Ministries and Departments and also in close co-ordination with various States/UTs and Yoga Institutions. It has been a worldwide celebration for the past 08 years and has effectively facilitated the global dissemination of the significance of practising Yoga for overall health and well-being and enduring sustainable lifestyle. I believe this year also we together will be able to conduct IDY '23 in a successful and monumental manner.

Various events have been organized to spread awareness about International Day of Yoga-100<sup>th</sup>, 75<sup>th</sup>, 50<sup>th</sup>, and 25<sup>th</sup> countdown events of IDY in New Delhi, Assam, Rajasthan, and Telangana respectively. I am happy to inform you that this year the main event will be held on June 21<sup>st</sup>, 2023, in Jabalpur, Madhya Pradesh, with Shri Jagdeep Dhankar, Hon'ble Vice President of India and will be telecast on Doordarshan from 6:00 AM to 7:45 AM.

The theme for this year is "Yoga for Vasudhaiva Kutumbakam". The Domestic tagline for IDY '23 is "Har Aangan Yog" being propagated to bring Yoga to every household at the grassroot level.

An indicative list of activities that can be undertaken by various Ministries/Departments and State/UT Governments is enclosed at Annexure-I. Further, Central Government Ministries/Departments and State/UT Governments are requested to take initiatives as considered appropriate by them and intimate to us for compilation and wide coverage.

A handbook prepared by the Ministry having information of various activities/resources is enclosed at Annexure - II.

Looking forward to a grand gathering for the International Day of Yoga, 2023. For any assistance Shri Vikram Singh, Director, Ministry of Ayush (Email: [vikramsingh-cea@gov.in](mailto:vikramsingh-cea@gov.in), Ph. No. : 01124656863, Mob. No. : 09868893051) or Dr. I.V. Basavaraddi, Director, Morarji Desai National Institute of Yoga (Email: [dir-mdniy@nic.in](mailto:dir-mdniy@nic.in), Ph. No. : 011-23711657, Mob. No. : 09810800289), may be contacted.

With regards,

Yours sincerely,

वैद्य राजेश कोटेचा  
(Rajesh Kotecha)

Encl: As Above

To,

Secretaries of all Ministries/Departments of Government of India

Dir (Ent) / Dir (Law)

US (CDU)

9/6/23

**Annexure-I****Suggestive Activities of Ministries/Departments on IDY 2023**

- Activities as per ppt attached.
- Observe IDY from Desert to Forest, River to sea, Village to Industry, toddler to Old Age. (Anganwadi to Old Age home- People under palliative care)
- Encourage employees to participate in activities already hosted on MyGov platform.
- Display IDY logo and Banners on website, PM's Quotes on Yoga on offices/ ABs, subordinate and attached organizations.
- Propagation at Amrit Sarovars, hospitals, health and wellness centers, police stations, bus stations, panchayat, municipality-corporation-taluk-village offices, Resident Welfare Associations.
- Y- Break protocol/ app may be introduced to all government offices.
- Publishing Yoga and IDY specific articles in official e-newsletters, bulletins, magazines etc.
- Organizing Yoga webinars, workshops. Employees may be encouraged to participate in these and get quality training in the same.
- Promotion of IDY activities through social and cultural programs, nukkad natak etc.
- Making and disseminating IDY promotional videos by prominent celebrities/sports persons, yoga gurus, cultural icons etc.
- Usage of eco-friendly yoga products and accessories.
- Using ASHA/ANM workers, SHGs, Youth organizations. Volunteers, prominent sports bodies, corporates, startups, clubs and associations to spread the message of Yoga.
- Encouraging common people to participate in IDY campaign activities organized by CSCs and Commonwealth Community Radio (CEMCA).
- Sharing of the videos/ photos of the IDY observations at the following (Email: [idy2023ayush@gmail.com](mailto:idy2023ayush@gmail.com)) with description of place and number of participants.
- Creatives and other material for IDY 2023 amplification are available at <https://bit.ly/45OC60n>