Yoga remains a ray of hope when world continues to fight the pandemic: PM Modi

The 7th International Day of Yoga was observed by most people at their respective homes since COVID-19 restrictions continue to apply. The lead event of IDY 2021 was televised with the Prime Minister’s address, the demonstration of Common Yoga Protocol (CYP) and many Yoga Gurus and exponents also shared their insights during the live programme on Doordarshan on 21st June 2021. Prime Minister Narendra Modi addressed the Nation on this occasion, emphasising the role of maintaining health and well-being in our lives, especially as the world reels under the COVID-19 pandemic. He mentioned how Yoga has been a ray of hope during the pandemic across the world in these difficult times. Despite no large event being organised for IDY in the past two years, the fervour and enthusiasm the world has for Yoga has not reduced. He said that despite the pandemic, this year’s theme for International Yoga Day – “Yoga for wellness” has raised the morale of people. He wished the best for the health of every country, society and individual.

He recalled how frontline Corona warriors made Yoga their shield and made themselves strong through Yoga. Thousands of people, including doctors and nurses took to Yoga to deal with the effects of the virus.

The televised event also included an address by the Minister of State for Ayush, Shri Kiren Rijiju and a live Yoga demonstration by the Morarji Desai National Institute of Yoga. Shri Rijuju mentioned how Yoga is not just seen as a practice native to India, but India’s gift to the world, which has been accepted as their own by everyone.

After the addresses, a live demonstration of Common Yoga Protocol (CYP) was performed by the experts of the Morarji Desai National Institute of Yoga. The programme was televised on all the channels of Doordarshan and relayed by many others. The Ayush Ministry has made a sustained effort in coordination with other stakeholders to ensure that the observance of this Day touched millions of people across the world.
President Kovind practices Yoga in the lawns of Rashtrapati Bhavan, opines Yoga benefited millions over millennia

The pandemic led adverse situation failed to dampen the spirit of the Yoga enthusiasts from observing Yoga day as it was widely observed from the safety of homes.

President Shri Ramnath Kovind joined lakhs of others, as he practised Yoga in the lawns of Rashtrapati Bhavan. He tweeted that Yoga is our ancestors’ vision of bringing about mind-body togetherness to achieve holistic health, which has benefited millions over millennia.

Vice President Shri M. Venkaiah Naidu also performed Yoga on this occasion, joined by his wife. He said that the pandemic made the world realise the importance of overall well-being and Yoga is one simple yet powerful practice that helps us build resilience and improves our health holistically.

Many political leaders have also participated in IDY from their respective homes. It includes Union Minister for Information and Broadcasting Shri Prakash Javadekar,
Union Minister of Health and Family Welfare Dr. Harsh Vardhan, Minister of State for Culture and Tourism (I/C), Shri Prahlad Singh Patel.
Common Service Centres and the Arogya foundation take IDY 2021 activities to one lakh villages

On 21 June, our screens came to life with photos and videos of people practising Yoga across the world. People across the country participated with enthusiasm in observing Yoga Day. It was not confined to the urban population but reached rural India as well.

Two key stakeholders, namely the Arogya Foundation of India and the Common Service Centres focussed on rural India and took the IDY buzz to more than one lakh villages. The Arogya Foundation had been training its volunteers in batches since May for IDY and they accomplished the feat with the help of the wide network of EkalVidyalayars across the country.

The IDY programme organised by Arogya Foundation through its EkA Abhiyan reached more than 18 thousand villages in UP and to more than 8 thousand villages each in MP, Himachal Pradesh and Jharkhand. States like West Bengal, Odisha, Chhattisgarh, J&K, Bihar and Assam also witnessed this activity in more than 4 thousand villages on World Yoga Day. The Common Service Centres focussed on 30,000 villages and also succeeded in enlisting many to join the online training programme on Common Yoga Protocol (CYP).

PM Modi announces “mYoga” app, a platform for health through technology

Prime Minister Shri Narendra Modi announced the ‘WHO M-Yoga’ App in his address on the occasion of the 7th International Day of Yoga. This app will enable easy learning of Yoga training practice based on the Common Yoga Protocol (CYP) in many languages. Terming this as a great example of the fusion of modern technology and ancient science, the Prime Minister expressed the hope that the M-Yoga app will help in spreading the Yoga world over and will contribute to the efforts of ‘One World, One Health’.

PM Modi said, “When India proposed the International Day of Yoga in the United Nations, the spirit behind it was to make Yoga accessible to the entire world. Today, India has taken another important step in this direction along with the United Nations and WHO.”

The Morarji Desai National Institute of Yoga (MDNIY) played a pivotal role in the design of the app. It undertook the preparation of Common Yoga Protocol for General Wellness of various duration (45 minutes, 20 minutes and 10 minutes), Common Yoga Protocol booklets, video shoots, their translations in 6 major UN languages and designs of the booklets under the directives of the Ministry of Ayush.
India Post issues a special cancellation mark simultaneously from 800 locations across India to mark IDY 2021

The Department of Posts [or India Post] issued a special cancellation to capture the essence of the Yoga Day on 21 June 2021. This unique initiative marked the commemoration of the 7th International Day of Yoga (IDY) 2021. India Post issued the special cancellation with a pictorial design through its 810 Head Post offices across India. This is considered one of the largest such simultaneous philatelic commemorations ever.

According to data received from various Circles, 808 Head Posts and General Post offices (HOs/GPOs) provided more than 1.5 Lakh IDY-2021 Special Cancellation. It includes 10 Lakh unaccountable and 5 Lakh accountable articles.

All delivery and non-delivery Head Post Offices put this special cancellation mark on mail booked in the office on 21st June 2021. The special pictorial cancellation stamp is an inked marking or impression with a graphical design and in this case, it had International Day of Yoga 2021 written in both Hindi and English languages. A cancellation is defined as a postal marking used to deface a stamp to prevent its reuse. Such cancellations are valued collectibles and often subjects of philatelic studies.

American Academy of Yoga and Meditation extends helping hand to India in fighting COVID-19

A US-based NGO, the American Academy for Yoga and Meditation (AAYM) announced the supply of co-ventilators on the occasion of International Day of Yoga (IDY) 2021.

On 21 June 2021, the AAYM observed the IDY which was attended by V Murleedharan, the minister of state for external affairs. He said the world needs Yoga and meditation to stay focused and positive and to enable a strong mind and healthy body.

As per the report of Times of India, Dr Indranil Basu-Ray, chairman of AAYM, said “The second wave is yet to ablate. We are transferring co-ventilators to India.”

The programme was inaugurated by the lighting of the inaugural lamp by Dr. HR Nagendra, the Vice-Chancellor of SVYASA, a highly reputed Yoga University and Hospital located at Bangalore.
RRIUM, Srinagar observes Yoga Day by practicing various Asanas

The Regional Research Institute of Unani Medicine (RRIUM), Srinagar, a peripheral institute of the Central Council for Research in Unani Medicine, under the Ministry of Ayush observed the 7th International Day of Yoga (IDY) 2021 on 21 June. During the programme, Yoga was practised in the garden of RRIUM premises where more than 40 people participated in a COVID-19 compliant manner.

Md. Rizwan, (Yoga Instructor) gave demonstrations on various asanas like Kapalbhati, Pranayam, Vriksha asana, Bhujangasana etc. The instructor also gave a brief lecture on "Yoga for post-covid care of lungs".

The valedictory function was held at Ibn Sina Auditorium of the Institute which was presided over by Dr. Seema Akbar, Assistant Director, Incharge. The Nodal officer of the Yoga activities Dr Athar Parvez gave a brief description of the activities held during the 100-day countdown on Yoga activities at the institute.

The Institute was involved in carrying out many carefully designed pre-activities as a part of 100-days Countdown to celebrate IDY-2021.

Indian Embassy, Canberra conducts a Yoga session, participants join in enthusiasm

The High Commission of India, Canberra organised a Yoga Session at Weston Community Hub, Canberra (ACT) to mark the 7th International Day of Yoga on 20th June 2021. More than 150 Yoga enthusiasts, the local community and Indian diaspora in Australia participated in the Yoga session. It was conducted by Yoga experts from "Yoga Australia".

The event was live-streamed on Social media handles for further outreach. On this occasion, High Commissioner H.E Manpreet Vohra shared a video message on IDY observations in Australia.
“Yoga Week” activity of Indian Embassy, Ulaanbaatar sees active participation

The 7th International Day of Yoga (IDY) was observed in Mongolia with enthusiasm and fervour. It was packaged as the “Yoga Week” (12-21 June) and many activities were organized through Yoga Centres. In association with Namaste Yoga, a Curtain Raiser event was held on 12 June (World Wellness Day). The Embassy also collaborated with the Karma Yoga Centre for the publication of “Yoga Book” in Mongolian language.

The other activities included telecast of the documentary “Yoga: Aligning to the Source” on Mongolian TV Channels, airing Mongolian dubbed animated movie “Yoga with Modi” on TV Channels, the IDY-2021 observation in association with ‘Namaste Yoga’ on June 19, a virtual observation with Art of Living, Mongolia and major Yoga Centres across Mongolia etc.

Additionally, over 6 events were organized in Ulaanbaatar City and one each in Dornogovi and Dornod provinces. About 700 people participated, physically and virtually, in the Yoga Week activities.

The High Commission of India, Abuja hosts IDY observations with endorsement from many Nigerian dignitaries

The High Commission of India, Abuja organised an IDY observation at the Chancery premises. Participants from concurrently accredited countries of the Republic of Benin and Chad joined IDY observations through FB live. On the occasion, nearly 350 Yoga enthusiasts from different fields participated in the Yoga session based on the internationally accepted ‘Common Yoga Protocol’ (CYP). The event was featured live on Mission’s Facebook page, and around 1000 people joined the event virtually. All COVID-19 related guidelines of local government were observed during the event.

The message of the Federal Minister of Youth and Sports Development was read out by Mr. Abumere Akhinderor, in which he highlighted the importance of Yoga in today’s life. The role of the High Commission in promoting Yoga was appreciated.

Among the important Nigerian dignitaries present on the occasion were Mr. Abumere Akhinderor, Director, Special Duties, Hajiya Zainab Sharif, Director and Head of Department, Traditional, Complementary and Alternative Medicines, Federal Ministry of Health, and others.
India Mission, Ghana distributes ‘Khadi Yoga Kits’ to dignitaries at the IDY 2021 event

The High Commission of India, Ghana, observed the 7th International Day of Yoga on 19th June 2021. The event commenced with the ceremonial lamp lighting by the dignitaries, followed by the address of High Commissioner, Mr. Sugandh Rajaram, demonstration of Common Yoga Protocol (CYP). During the event, the High Commissioner has also presented ‘Khadi Yoga Kits’ to the guest dignitaries.

A galaxy of dignitaries, namely, Rear Admiral Issah Yokubu, Chief of Naval Staff of Ghana, Mr. Charles Abani, UN Resident Coordinator to Ghana, Mrs. Caludia Turbay Quintero, Dean of Diplomatic Corps of Ghana, and Mr. Muhammed Ibn Chabas, former Head of UNOWAS graced the event with their presence.

IDY observations at the International Commerce Centre, tallest building in Hong Kong

The Consulate General of India in Hong Kong observed World Yoga Day at Sky 100 Hong Kong Observation Deck (a tourist attraction in Hong Kong) in which a limited number of Yoga enthusiasts of around 70 participated in the event.

Sky100 Hong Kong Observation Deck is located on the 100th floor, at 393 metres above sea level, on the International Commerce Centre, the tallest building in Hong Kong. It is the only indoor observation deck in Hong Kong offering 360-degree views, including that of the famous Victoria Harbour.

It was an event with a focus on mindful living through the practice of Yoga. The opening remark by the Consul General, was followed by a session of Common Yoga Protocol (CYP) in which attendees participated enthusiastically.

The event also included a Yoga performance choreographed with music, by students of a local Yoga institute, highlighting ‘Vinyasa’ (transition of Yoga postures. In keeping with this year’s theme of ‘Yoga for Wellness’, a brief session on Laughter Yoga was also conducted. The event ended with the screening of the documentary “Yoga for the World: Celebrating the International Day of Yoga”.
NIA, Jaipur takes Yoga to rural areas, organises awareness camp and Yoga demonstration program

The Department of Swasthayvritta and Yoga, National Institute of Ayurveda (NIA) Jaipur, observed the seventh edition of IDY with many Yoga activities including Live Yoga Demonstration, Yoga Awareness Camp and an online lecture. The events were held under the supervision of Vice-Chancellor Prof. Sanjeev Sharma, NIA following the guidelines of the Ministry of Ayush. The Dept. of Swasthayvritta & Yoga organized a Live Yoga Demonstration wherein VC Prof. Sharma addressed the public. Yoga demonstrations were given by Dr. Sukh Ram, Dr. Subhashree, PG Scholar Swasthayvritta Dept. with the support of Yoga Instructor Smt. Shalini. Participants from different parts of the world joined the programme online.

In another programme, a Yoga Awareness Camp was organized at the village of Jamwa Ramgarh, Jaipur, and Yoga protocol booklets were distributed among the public. More than 200 individuals attended this awareness camp.

In an online lecture, Dr. Durgawati HOD Swasthayvritta & Yoga Department addressed the virtual gathering and explained how Yoga creates mental clarity, calmness and also helps in improving overall well-being. The topic of the lecture was “Role of Yoga in COVID-19 Management.”

A total of 650 individuals participated and the entire session was interactive where speakers answered many queries raised by the participants.
Indian Embassy, Harare reaches over 5m viewers through IDY activities telecasted on National TV of Zimbabwe

As COVID-19 has confined us to our homes, the 7th IDY was mostly observed in virtual mode across the world. The Indian Mission in Zimbabwe used TV to reach out to the public on the occasion of IDY 2021. The IDY observation was telecast on the Zimbabwe Broadcasting Corporation, the National TV Channel of Zimbabwe.

The telecast programmes include 2 documentaries on Yoga, an introductory interview of the Ambassador and live telecast of a one-hour program on Yoga from India House. As per ZBC, the program had a viewership of 4 to 5 million.

The Mission arranged to get the Meikles Hotel near the Parliament of Zimbabwe, an iconic building itself, decorated with a Digital Screen showing IDY 2021 logo with tricolour on the eve of 20th June 2021.

Participation by the local Government and the Traditional Healers from Zimbabwe in the UBUNTU conference organised by the ICCR on the occasion of IDY 2021 was another highlight. Prof. George Kandeiro, President, ZINATHA (Zimbabwe National Traditional Healers Association), was one of the panelists at the online conference.

In addition, Mr. Glendale Mudzimu, a former ICCR Scholarship holder performed Bharatnatyam (Alarippu) to showcase culture in the light of India@75 Celebrations.

Indian embassy observes IDY 2021 at Bharat Bhavan, Wellington, New Zealand, participants practice Yoga asanas
Department of Posts encourages employees and their families to participate in IDY 2021 main event

The Department of Posts organised around 300 workshops through webinars with lecture series and AYUSH videos. A video on Common Yoga Protocol (CYP) depicting all asanas was displayed through about 800 LED screens in various administrative Post offices.

The IDY 2021 messages are also being displayed through postal communications and receipts issued in the post offices. A Special Postal Cancellation on IDY 2021 was released in 810 Head Post Offices of the country on 21 June 2021. Delivery stamps with the message of IDY 2021 were impressed on the mail articles delivered by postmen.

Almost 1000 Departmental employees have participated in a pledge and yoga quiz on MyGov.in. More than 1.5 lakh Departmental Employees and about 2 lakh Grameen Dak Sevaks and their families were encouraged to join the Lead National Event on 21st June 2021 by following it on different media channels.

About 700 rural post offices in Aspirational Districts were identified for promoting CYP and IDY participation through webinars and workshops on Yoga exercises of following social distancing norms.

Indian Embassy in Thimpu conducts virtual “Weekly Yoga” classes

The pandemic has brought the focus back on practices that promote physical health and mental well-being. Yoga offers such benefits for people of all ages and in all situations.

The Cultural Centre of the Embassy of India (Bhutan) conducted online “Weekly Yoga Classes” which were live-streamed on the Facebook page (@IndiainBhutan) of the Embassy. Many Bhutanese Yoga teachers also offer physical and online classes at their Yoga studios.

This year, the faculty members and students of the Draktsho Vocational Institute, the Royal Thimphu College, monks of the Dratshang Lhentshog and several prominent individuals joined in the observations of the International Day of Yoga 2021 organised by the Indian Embassy, Thimphu.
First Lady of Brazil participates in an event organised by Indian Mission in Brazil

The First Lady of Brazil Mrs Michelle Bolsonaro participated in an event on Yoga organized by the Indian Mission in Brazil as part of International Day of Yoga (IDY) 2021. It was the first time that IDY received such an endorsement in Brazil.

Mrs Bolsonaro said, “Yoga provides a holistic approach to health and well-being and has now become a world heritage as it continues to be widely practised all over the world.”

As reported by Financial Express Online, Indian Ambassador to Brazil Suresh K said, “The First Lady wore the IDY T-shirt the mission had brought out on the occasion and not only listened to the talk but was also seen enjoying doing all the Yoga Asanas and meditation. The talk on “Holistic approach to Yoga” was organized in association with the Lonavala Yoga Institute.”

He added, “On this occasion, the mission has plans to have a tree planting ceremony by the First Lady in the Embassy premises. This is as a part of our effort to promote Ayurveda in Brazil as also a marker of the special friendship between the people of the two countries.”

Delhi Govt. launches 1-year diploma course in 'Meditation and Yoga Sciences', aims to reach every doorstep

The Chief Minister of Delhi Shri Arvind Kejriwal launched a 1-year diploma course in 'Meditation and Yoga Sciences'. From October 1, people living in different parts of Delhi can take training from the instructors and complete the course. This is a free of cost programme. He tweeted, "With the aim of making Yoga and Meditation reach door to door, we launched a new Yoga Center in Delhi today. Yoga is very important for better health in this time of the pandemic.”

The government informed that around 450 candidates have enrolled for the course.
The Telangana State Yogadhayana Parishad and its constituent units in collaboration with the Department of AYUSH, Government of Telangana organized the IDY-2021 event through a virtual platform. The programme was live-streamed on the YouTube channel of the organisation. The Department has been actively organizing virtual live sessions and more than 84 Common Yoga Protocols (CYP) have been conducted from the 23rd May 2021 to 21 onwards. Further, they have conducted over 77 awareness programmes (Webinars) on COVID-19 for its Prevention, Mitigation and Rehabilitation through Naturopathy and Yoga. 8965 participants have participated in these sessions so far.

The Department also released an Audio-Visual series on the use of Naturopathy and Yoga therapy for mitigation of COVID-19. It includes topics like Yoga Nidra, Hastha Mudras, Jal neti and Yoga for work from Home.

In another programme, the organisation collaborated with AYUSH Medical Colleges, reputed Yoga institutes, associations and schools in the state to raise awareness of the many benefits of practicing Yoga. 8108 participants joined and Dr. V.S. Alagu Varsini, Director, Dept. of AYUSH, addressed the participants. Dr. M.V. Mallikarjun, Principal, GNMC and Nodal Officer, Department of AYUSH welcomed the participants.
To create awareness and promote Yoga practices, Maharishi Aurobindo Subharty College and Hospital of Naturopathy and Yogic Sciences, a constituent college of Swami Vivekanand Subharti University, Meerut, Uttar Pradesh organized a series of activities on IDY-2021. A total of 1049 members attended and were benefitted.

The organised events included 11 days online meditation workshop, Live practice of Common Yoga Protocol, lecture on “Yoga as Immune Booster”, International Webinar on Yoga, organized by JSS Ayurveda College Mysore and a lecture on “Yoga for a Centered Mind”, International Yoga Day Forum, organized by World Alliance of Buddhists, Thailand and meditation workshop.

On the IDY day, the Maharishi Aurobindo Subharty College in association with - IQAC, NSS and Department of Physical Education, organized an online live Yoga session on Zoom Platform from 6:30 am to 7:30 am. The program was attended by Faculty members, Staff and students of Swami Vivekanand Subharti University.

The program was also aired live on Youtube[https://youtu.be/GNHzXBIRpOE]