

अमरजीत सिन्हा
AMARJEET SINHA



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DO # Secy(RD)/Misc/2018-IDY

May 25, 2018

Subject: **International Day of Yoga - June 21, 2018**

As you are aware, International Day of Yoga (IDY) is organized on June 21 every year. The Ministry of Ayurveda, Yoga & Naturopathy, Unnani, Siddha, SOWA-RIGPA and Homeopathy (AYUSH) has set up the IDY Portal for which a link of 4th International Day of Yoga - 2018 is available from the Department of Rural Development and Ministry of Panchayati Raj websites.

2. Given the usefulness of Yoga, the following is suggested for popularizing the same in rural areas on a large scale: -

- (i) On 21st June 2018 - Gram Panchayats could organise International Day of Yoga celebrations at the Gram Panchayat building (local Schools etc). This could include practice sessions of Yoga as well.
- (ii) We have 31 lakh Elected Representatives in Panchayati Raj Institutions (PRIs) and 5 crore women in Self Help Groups (SHGs) under Deendayal Antyodaya Yojana-National Rural Livelihoods Mission (DAY-NRLM). Our effort will be to reach out to all those who are keen to take advantage of Yoga as a discipline for fitness and peace of mind.
- (iii) Both for Elected Panchayat Representatives and Members of Women Self Help Groups, we organise Capacity Development Programmes in various training institutions like SIRD, ETC across the country. If based on demand, Yoga instructions could become a part of the residential Capacity Development Programmes, it will go a long way in popularisation.
- (iv) For a systematic availability of useful Learning Resources, the Ministry of AYUSH has been requested to make available quality Learning Resources, links of these resources could be placed on the Department of Rural Development and Ministry of Panchayati Raj portals.

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- (v) Besides Learning Resources, popularisation of Yoga would require ready availability of a pool of Community Resource Persons certified as trainers of Yoga. The M/o AYUSH is being requested to work out the modalities of providing this database of certified Yoga trainers along with their geographical locations to enable wider engagement of such Community Resource Persons on a need based way.

3. I would again like to reiterate the importance of Yoga for good health and wellness along with peace of mind. It has the potential to improve the quality of life of men and women in different age groups. It is, therefore, suggested that we work systematically to take it to scale. Panchayats which are organizing functions on June 21, 2018 may also upload their programmes on the International Day of Yoga Portal (yoga.ayush.gov.in) which would capture all such celebrations across the country. The Departments/Institutes/Individuals may also register over this portal.

Yours sincerely,

sd/-

[Amarjeet Sinha]

All Principal Secretary (RD & PR) of States/UTs.
All Commissioner (MGNREGA) of States/UTs.
All Directors of State National Rural Livelihoods Mission.
All Directors of Panchayati Raj of States/UTs.

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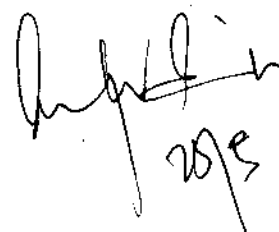
1. Shri P K Sinha, Cabinet Secretary, Cabinet Secretariat, Rashtrapati Bhawan, New Delhi - 110001.
2. Shri Rajesh Kotecha, Secretary, Ministry of AYUSH, AYUSH Bhawan, B-Block, GPO Complex, INA, New Delhi-110023.

sd/-

[Amarjeet Sinha]

Copy also to:

All Officers of Director and above (D/o Rural Development and M/o Panchayati Raj).



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