

# **7<sup>th</sup> International Day of Yoga – 21 June**

1. Observance of 7th International Day of Yoga (IDY) 2021
2. Guidelines for Observing IDY 2021
3. Digital Resources for Yoga
4. Links of MoA's Website, Social Media Platforms and Institutions



- vi) online lectures, workshops, etc. by Yoga experts for the staff may be organised.
- vii) The staff and employees may be encouraged to participate in various competitions organized by Ministry of AYUSH on MyGov platform (<https://www.mygov.in/>) in connection with IDY 2021.
- viii) Similar competitions such as quiz, essays, poster making, slogans etc on Yoga theme, may also be organized by CPSE also for its employees.

3. It is further, informed that the activities mentioned above may be undertaken while complying the government guidelines on prevention of COVID 19 and following physical distancing norms and other basic protective measures such as masks and sanitizers, etc.

4. It may be noted that activities may not be restricted to IDY 2021 and infact may be weaved into an ongoing exercise. For instance activities as at 2 (iv) and 2 (vi) to 2(viii) could be planned in such a manner. The pictures / videos of IDY-2021 related activities may be forwarded by CPSEs to DPE on [webupdate-dpe@nic.in](mailto:webupdate-dpe@nic.in)

Encl : Annexure-I, II & III.

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CMDs of all CPSEs.