

सेवामें : सभी कमाण्ड / फटियर मुख्यालय / जोनल मुख्यालय / भातिसीपु अकादमी / बी.टी.सी. / एम.एण्ड एस आई ओली / क्षेत्रीय मुख्यालय / वाहिनियां / प्रशिक्षण संस्थान अस्पताल / एम.पी.एस.डी / एफ.ए.डब्ल्यू 1-2 / सी. डब्ल्यू.एस. / वाटर विंग / यू.एन. सिवपोल / एच.ए.एम.टी.एस.

सूचनार्थ : उप महानिरीक्षक (प्रशासन) / पी.आर.ओ. / आई टी सैल, महानिदेशालय ।

प्रेषक : प्रशिक्षण महानिदेशालय, भा.ति.सी. पुलिस, नई दिल्ली

संख्या

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दिनांक- 14 / 06 / 2021

विषय :- अन्तरराष्ट्रीय योग दिवस.- 2021 को मनाने के संदर्भ में ।

गृह मंत्रालय के यू0ओ0 नोट संख्या 160 / एम.एच.ए. / पर्स कोर्ड / 2021-514 दिनांक 07.06.2020 (प्रति संलग्न है) के तहत इस वर्ष 21 जून को 0700 बजे से 45 मिनट का योग सेशन मनाने हेतु दिशा -निर्देश प्राप्त हुए हैं। उपरोक्त के तहत यह अवगत करवाया गया है कि कोविड-2019 महामारी को देखते हुए भारत सरकार द्वारा जारी किये गये दिशा-निर्देशों जैसे मास्क लगाना, सेनेटाईजर का इस्तेमाल करना एवं सोशल डिस्टेन्सिंग आदि का सख्ती से पालन करते हुए गृह मंत्रालय द्वारा निम्नानुसार कार्रवाई करने हेतु निर्देशित किया गया है:-

i) Issuing internal Guidelines within the organization/offices giving the background of the observation on International Day of Yoga (IDY) 2021 this may be displayed prominently on their website.

(Action by PRO Dte Gen)

ii) Using your social media platforms to spread for latest updates and information about IDY. The required inputs can be easily accessed from the social media platforms of the M/o AYUSH and this can be shared on or adapted to the official social media platforms, as deemed fit.

(Action by PRO Dte Gen)

iii) Displaying IDY logo on the website and uploading guidelines for IDY observance on the website.

(Action by PRO /IT Cell Dte Gen)

iv) Familiarizing the employees/staff with Common Yoga Protocol (CYP) information about the quality digital training resources and daily virtual training sessions being offered by the Morarji Desai National Institute of Yoga (MDNIY), an autonomous institute under M/o AYUSH may be widely publicized among the public and the staff. Organising online training programmes on CYP and ensuring maximum participation in the same, in a COVID-19 compliant manner can be considered.

(Action by all field Formations /PRO Dte Gen)

v) Circulating related materials to all departments, employees and partners, so that they can be further shared externally to raise awareness. Employees may be encouraged to include their families in the IDY activities.

(Action By all field Formations)


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उप सेवारी (आईटी) / Dy. Comdt. (IT Cell)
डायरी नं० / Diary No. 229
दिनांक / Date 14/06/21

- vi) Organizing Yoga related activities such as online lectures workshops etc. by Yoga experts.
(Action by all field Formations)
- vii) Distributing Yoga attire, Yoga mats and other yoga related goodies suly having the logo of IDY2021 to their staff and encouraging everyone to bulletins magazines etc.
(Action by all field Formations)
- viii) Encouraging employee and staff to participate in IDY activities organized by M/o AYUSH on MyGov platform (<https://www.mygov.in>)
(Action by all field Formations)
- ix) Organising CYP workshops in association with other organizations, involving Yoga experts, subject to COVID-19 guidelines.
(Action by all field Formations)
- x) Planning long term activities related to yoga , so that the impact of IDY -related mobilization goes on well beyond 21st June 2021.
(Action by all field Formations)
- xi) Some online competitions like quiz , essay etcon Yoga theme may also be organized to create interest among the volunteers /employees /public especially among the younger generation .
(Action by all field Formations)
- xii) Depending on the local circumstance, people may be encouraged to participated in IDY 2021 from their home contingent on the COVID -19 related government guideline on the management of the pandemic, especially on physical distancing norms and the use of basic protective measures such as mask and sanitizers etc.
(Action by all field Formations)

3. अतः गृह मंत्रालय के यू0ओ0 नोट संख्या 160/एम.एच.ए./पर्स कोर्ड/2020-514 दिनांक 07.06.2021 की प्रति सभी संलग्नकों सहित सभी फ्रंटियर/जोनल मुख्यालय को इस आशय से प्रेषित की जा रही है कि उपरोक्त संदर्भ में तदानुसार कार्यवाही करते हुए अपने अधीन वाहिनियों/फोरमेशनस् की समेकित अनुपालन रिपोर्ट दिनांक 21.06.2021(अप्रा) तक प्रशिक्षण महानिदेशालय को प्रेषित करने कष्ट करें। कोई भी वाहिनी /क्षे.मु अनुपालना की सूचनार्थ रिपोर्ट प्रशिक्षण निदेशालय को न भेजे केवल फ्रंटियर की समेकित अनुपालना भेजा जाना अपेक्षित है ।

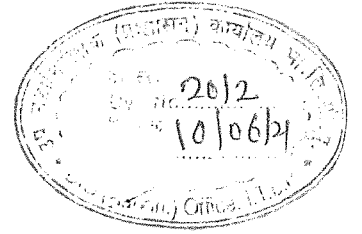
संलग्न :- यथोक्त


उप महानिरीक्षक (प्रशि)

महानिरीक्षक (मुख्यालय)
Inspector General (HQ)

आदेशी नं./Diary No. 2649
दिनांक/Date 08/06/21

Ministry of Home Affairs
Police-II Division
(Pers-Coord)



Subject: Celebration of 7th International Day of Yoga (IDY - 2021)

The undersigned is directed to enclose herewith a copy of DO letter dated 25th Jan 2021 and background Note received from Ministry of AYUSH for celebration of 7th International Day of Yoga for taking necessary action at your end, please.

ly
(L S Dahiya)
Comdt (P-II Coord)
Ph: 23092255

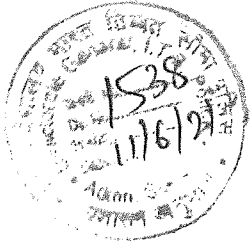
IsG (Adm/HQ) – CRPF, BSF, ITBP, SSB, CISF, NSG and ARs.

ID No.160/MHA/Pers-Coord/2021/ *S/4*

07th June 2021

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D.O. No. M-16011/2/2021-YN

Dated: 25th January, 2021

I am writing this in connection with the 7th International Day of Yoga (IDY), scheduled to be observed on the 21st of June 2021. As you are aware, at the initiative of the Shri Narendra Modi, Hon'ble Prime Minister of India, the United Nations General Assembly (UNGA) had taken a historic decision in 2014 to declare the 21st of June as the International Day of Yoga (IDY). Since then, this day has been observed all over the world with considerable zeal and vigour. As you would agree, this worldwide acceptance of Yoga is a matter of pride for our country, as Yoga is an integral part of our cultural heritage.

The preparations for IDY-2021 are already underway and there is immense potential to utilize this occasion to remind the people across the globe about the benefits of Yoga. The objective is to build an enduring public interest in Yoga, by highlighting its importance and contribution as a significant asset for improving public health and emotional wellness, inspire the people to continue the practice of Yoga beyond IDY.

Just like IDY-2020, IDY-2021 will also be a COVID-compliant event, based on the prevailing directions of the Government of India (GoI) and concerned State Governments/Union Territories at that point of time, as the situation continues to evolve. Ministry of AYUSH, Government of India (GoI) is looking forward to greater participation from the people in IDY-2021 than the preceding years. The Government stakeholders of different States/UTs are an important target group in taking the event forward in an inclusive way and the Ministry looks forward to the continued involvement from their end. Their role can be significant as they are generally the opinion leaders in the society and hence can serve as ambassadors & flag bearers of the Yoga movement.

With this backdrop, I seek your support in this effort to make the IDY, a nation-wide campaign for public health. I would request you to carry out advance planning and preparations for the observation of IDY-2021 on the 21st of June 2021. The central activity of IDY-2021, as in the previous years would be the Mass Yoga

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Demonstration based on the Common Yoga Protocol (CYP). The CYP is a 45-minute sequence of Yogic exercises, designed by the Yoga exponents in the country with the objective of maximizing the well-being of the people. More details about the CYP in the formats of e-book and video may be downloaded from the website yoga.ayush.gov.in.

The CYP based Mass Yoga Demonstrations may be universally scheduled at a large number of locations proposed at the State, District, Block, and Panchayat levels. The other activities which may be organized as a part of IDY-2021, could include Yoga fests, seminars, workshops, and musical and cultural programmes based on Yoga.

I would be very grateful, if you could issue necessary instructions to all the Ministries/Departments of your State/UT on the above lines, to prepare a detailed action plan for the observation of the IDY-2021. A Nodal Officer from your State/UT may kindly be nominated and the details may be communicated to Shri P. N. Ranjit Kumar, Joint Secretary, Ministry of AYUSH, Government of India (011-24651938; e mail id : ranjitekumar-pn@gov.in) for seamless coordination. I would also request you to share your plan of action, along with suggestions, if any, with the Ministry, by the 10th of February 2021, so that the best practices can be further shared with the other States/UTs/Institutions.

The Government's aim is to make Yoga an integral part of the citizens' lifestyle and thereby to secure a healthy life for all. I seek your support in making IDY-2021 a highly participative event in your State/UT and also request you to draw up advance plans to organize Mass Yoga Demonstrations based on the Common Yoga Protocol (CYP), on 21.06.2021.

Yours sincerely,



(Rajesh Kotecha)

To,

Chief Secretaries of all States/ Administrators of UTs.

Background Note

1. The rewards of Yoga for disease prevention and health promotion are well known. They have acquired special significance against the backdrop of Covid-19. The International Day of Yoga 2021 presents an occasion to underline the health benefits of Yoga, and motivate the public to take up the pursuit of Yoga.
2. Taking cognizance of the current situation, it is not advisable to organize events that require congregation or people for observing IDY 2021. Therefore, it is advised that maximum use of digital, virtual and electronic platform be made this year. All stake-holders are invited to take up messaging to the public by highlighting the importance and contribution of IDY to public health, and encouraging the people to observe IDY 2021 by doing the Common Yoga Protocol (CYP) at home with their families, on 21st June 2021. For this, the message "*Be with Yoga, Be at Home!*" can be sent out as much stakeholders as possible.
3. An "*IDY Handbook*" (https://yoga.ayush.gov.in/public/assets/IDY_ebook.pdf) has been developed by Ministry of AYUSH keeping in mind the current pandemic situation – lending focus predominantly on mobilization activities in the online/virtual mode. In addition to bringing back the key message of following COVID Appropriate Behaviour (CAB) to ensure personal health and wellbeing, these activities can be undertaken through digital media. The Handbook, through the standardization of activities will help to strengthen the collaborations among different stakeholders in organizing activities for IDY 2021.
4. IDY presents an occasion for all the Central Ministries and their Departments, State and UT Administrations, Yoga Organizations and Voluntary Organizations, to come forward and spread the message about gains from the regular practice of Yoga. With their commitment and passion, all these organizations can play an important role in making IDY an effective national movement for health and wellness.

5. Stake-holders are requested to reach out to individuals and other organizations in their respective domains, with the following IDY related activities –

- Issuing internal guidelines within the organization/offices giving the background of the observance of International Day of Yoga (IDY) 2021. This may be displayed prominently on their websites.
- Using your social media platforms to spread for latest updates and information about IDY. The required inputs can be easily accessed from the social media platforms of the M/o AYUSH and this can be shared on or adapted to the official social media platforms, as deemed fit.
- Displaying IDY logo on the website and uploading guidelines for IDY observance on the website.
- Familiarizing the employees/staff with Common Yoga Protocol (CYP). Information about the quality digital training resources and daily virtual training sessions being offered by the Morarji Desai National Institute of Yoga (MDNIY), an autonomous institute under M/o AYUSH may be widely publicized among the public and the staff. Organising online training programmes on CYP and ensuring maximum participation in the same, in a COVID-19 compliant manner can be considered.
- Circulating related materials to all departments, employees and partners, so that they can be further shared externally to raise awareness. Employees may be encouraged to include their families in the IDY activities.
- Organizing Yoga-related activities such as online lectures, workshops etc. by Yoga experts.
- Distributing Yoga attire, Yoga mats, and other Yoga related goodies duly having the logo of IDY 2021, to their staff, and encouraging everyone to practice and adopt Yoga.
- Publishing Yoga and IDY-specific articles in the official e-newsletters, bulletins, magazines etc.
- Encouraging employee and staff to participate in IDY activities organized by M/o AYUSH on MyGov platform (<https://www.mygov.in/>).
- Organising CYP workshops in association with other organizations, involving Yoga experts, subject to COVID-19 guidelines.
- Planning long term activities related to Yoga, so that the impact of IDY-related mobilization goes on well beyond 21st June 2021.

- Some online competitions like quiz, essays etcon Yoga-theme may also be organized to create interest among the volunteers/employees/public, especially among the younger generation.
- Depending on the local circumstances, people may be encouraged to participate in IDY 2021 from their homes contingent on the COVID-19 related Government guidelines on the management of the pandemic, especially on physical distancing norms and the use of basic protective measures such as masks and sanitizers etc.
