

दक्षिण पूर्व रेलवे / SOUTH EASTERN RAILWAY

कार्यालय / Office of the
व.म.का.अधि / Sr.Divl.Personnel Officer,
चक्रधरपुर / Chakradharpur.
दिनांक / Dated 06.06.2025

संख्या / No – SER/P-CKP/Wel/Yoga/25

To,
All Branch Officers,
Principal/Head Master of Rly School
Principal-ELTC/TATA, ZRTI/SNY
Dy.CE(W/S)/SNY, AEN/TM/SNY
ARM/JSG,TATA,BNDM,ROU and DPS
S.E. Railway, Chakradharpur Division

Sub:- Celebration of 11th International day of YOGA (IDY) on 21st June 2025.
Ref:- 1.Director General (HR)/Railway Board's letter no. E(G)2025/CL-4/2 dated 20.05.2025
2. Director (training)/Railway Board's letter no. 2025/E(Trg.)/41/13 dated 30.05.2025

A copy of Railway Board letter under reference (1&2) in connection with observation of 11th International Day of Yoga (IDY) on 21st June 2025 is enclosed for kind information and necessary action.

The objective of observation the IDY day is to remind the people about the benefit of YOGA & build public interest by highlighting its importance & contribution for public health. Ministry of Ayush has emphasized upon celebration of 11th International Day of Yoga (IDY)-2025 on the theme of "Yoga for One Earth, One Health" in a grand manner with large scale participation.

Accordingly, all branch officers are requested kindly attend the Yoga Programme along with family and staff at Auditorium of Officers Club, Chakradharpur and also motivate all concerned under their control to participate the Yoga Programme at locations mentioned above on 21.06.2025 at 06.00 AM onward.

Moreover, the main activities assigned to Indian railways for observation of IDY-2025 are enclosed at **Annexure-A**.

All are advised to take appropriate action and make arrangement accordingly so as to make the observance of 11th International Day of Yoga on 21st June 2025 a grant success.

This is for your kind information and wide circulation and to motivate all employees and their family of your department for the observation of YOGA day 2025.

व.म.का.अधि / Sr.Divl.Personnel Officer,
चक्रधरपुर / Chakradharpur

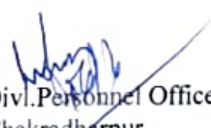
Copy to- OS(G) to DRM/CKP for kind information of DRM/CKP.
Copy to- Ch.OS to CMS/CKP for kind information of CMS/CKP.
Copy to- Ch.OS to ADRM/Infra for kind information of ADRM/CKP
Copy to- Ch.OS to ADRM/OP for kind information of ADRM/CKP
Copy to- OS to CPM/GS for kind information of CPM/GS.

Copy to- Sr.DSTE/CKP:- He is requested to kindly provide a good quality of PA system with mike stand at the above venue before commencing the programme i.e 06.00 am on 21.06.2025.

Copy to - Sr.DEE(G)CKP is requested to arrange uninterrupted electric powers supply at the above venue.

PTO

- Copy to - Sr. Consultant (F&W)/CKP information. He is requested to arrange cleaning and sanitation at the said venue for the above purpose,
- Copy to - All Principle/School-Incharge of Railway school of CKP division for information and necessary action.
- Copy to - SSE(G)/CKP, SSE(Works East)/CKP, SSE(W)/CKP, CHI/CKP for information and necessary action please.
- Copy to- Sr.DME/CKP is requested to spare Sri. N. Ravi Divisional Photographer to attend the said function.
- Copy to- All Ch.S&WI/S&WI it is advised to collect the photographs with no. of participants of said programme for onward transmission to HQ/GRC
- Copy to - Divl. Co-ord/SERMU-CKP, Divil. Secretary, AIST&SC/CKP, Genl. Secretary AIOBCREA/CKP They are requested to attend the programme as per time and venue mentioned above & wide publicity amongst the staff.
- Copy to - Ch.OS(P) is directed to deploy 4 nos of office assistant at the above mentioned venue to co-ordinate with the officials.


ब.म.का.अधि / Sr.Divl. Personnel Officer,
चक्रधरपुर / Chakradharpur.

आर. राजगोपाल
R. RAJAGOPAL



महानिदेशक (मानव संसाधन)
भारत सरकार
रेल मंत्रालय (रेलवे बोर्ड)
रेल भवन, नई दिल्ली-110001
Director General (Human Resources)
GOVERNMENT OF INDIA
MINISTRY OF RAILWAYS
(RAILWAY BOARD)
RAIL BHAWAN, NEW DELHI-110001
New Delhi, dated 20.05.2025

No. E(G)2025/CL-4/2

The General Managers/DGs/CAOs/ CMDs/MDs
All Zonal Railways/PUs/PSUs,
All Centralised Training Institute,
Core, Metro & RDSO.

Sub: Observance of 11th International Day of Yoga (IDY), 2025 -reg.

As Railways are aware, International Day of Yoga (IDY) has been observed on 21st June every year for the last ten years. This year, drawing inspiration from Hon'ble Prime Minister's call to take the rewards of Yoga to every citizen of the country, special efforts are being taken to make the 10th Anniversary of IDY an impactful event. In this connection, copies of D.O. letters dated 25.02.2025 & 29.04.2025 from Secretary, M/o Ayush are enclosed for information and compliance.

As brought out in the enclosed D.O. letters, a 'Whole of the Government' approach has been adopted to observe 10th anniversary of IDY and the theme of IDY-2025 will be "Yoga for One Earth, One Health". In this regard, M/o Ayush has requested for displaying and announcing messages related to IDY highlighting the 10th Anniversary commemoration as well as the theme, in Trains, at Railway Stations, subordinate offices, all possible prominent sites of the Railway network and to consider articles/cover stories in various publications of the M/o Railways, including those of the Training Institutions. IDY messaging may be prominently included in all the websites and social media handles of the M/o Railways, its units and PSUs. Moreover, the main activities assigned to Indian Railways for observation of IDY 2025 are enclosed as Annexure-'A'.

All are advised to take appropriate action and make arrangement accordingly so as to make the observance of 11th 'International Day of Yoga' on 21st June, 2025 a grand success.

DA: As above.

All PHOTOS & DRMs for n/a pl.
PCPO to pl co-ordinate.


(R. Rajagopal)
Director General (HR)
Railway Board

Copy to:

- (i) EDPG/MR – For kind information.
- (ii) AM/Commercial
- (iii) AM/Traffic
- (iv) ED/I&P
- (v) EDE(Trg.)
- (vi) Secretary, Railway Board


21/05/25
Gm
For kind information and necessary action.



Room No. 214, Rail Bhawan, Raisina Road, New Delhi-110001
Tel.: 011-47843105, Fax : 011-23385111, Email - dghrrailway.rbr@nic.in



भारत सरकार / **GOVERNMENT OF INDIA**
रेल मंत्रालय / **MINISTRY OF RAILWAYS**
(रेलवे बोर्ड / **RAILWAY BOARD**)



No. 2025/E(Trg.)/41/13

New Delhi, Dated: As signed

The General Managers(P),
All Zonal Railways/PUs.

The Director Generals/Director,
All Centralised Training Institutes.
RDSO, Lucknow.

The CMDs/MDs, Railway PSUs.

Sub: Observance of 11th International Day of Yoga (IDY)-2025.

The 11th **International Day of Yoga** will be observed on **21st June 2025**. In alignment with the Government of India's continued efforts to promote the physical and mental well-being of its citizens, Indian Railways will be actively participating in its celebration by organizing various Yoga-related activities across all zones and units. Detailed instructions have also been issued vide DG(HR)'s letter dtd 20.05.2025.

2. In continuation, a series of **Yoga awareness and promotion activities** in the run-up to the occasion needs to be conducted, which may include but are not limited to the following:

- Online and offline **lectures, seminars, and workshops** by qualified Yoga experts;
- Practical Yoga sessions and demonstrations for railway officials and staff;
- Dissemination of informational content on the benefits of Yoga;
- Interactive Q&A sessions to engage employees and address queries related to Yoga and wellness.

2.1. These activities may be planned over the course of the two weeks preceding the **International Day of Yoga**, with the aim of maximizing awareness and participation among railway personnel.

3. A brief report of the activities undertaken needs to be submitted to Board's Office through return mail at ngtraining2024@gmail.com.



PCPO & DRM for n/a/pa.

[Handwritten signature]

31/05/25
Gm

Digitally signed by
Vineet Pandey
Date: 30-05-2025

10:29:52
(Vineet Pandey)

Exec. Director(Training)
Railway Board

Tele No. - (011) 230 45580

आर. राजगोपाल
R. RAJAGOPAL



महानिदेशक (मानव संसाधन)
भारत सरकार
रेल मंत्रालय (रेलवे बोर्ड)
रेल भवन, नई दिल्ली-110001
Director General (Human Resources)
GOVERNMENT OF INDIA
MINISTRY OF RAILWAYS
(RAILWAY BOARD)
RAIL BHAWAN, NEW DELHI-110001
New Delhi, dated 20.05.2025

No. E(G)2025/CL-4/2

The General Managers/DGs/CAO/ CMDs/MDs
All Zonal Railways/PUs/PSUs,
All Centralised Training Institute,
Core, Metro & RDSO.

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As brought out in the enclosed D.O. letters, a 'Whole of the Government' approach has been adopted to observe 10th anniversary of IDY and the theme of IDY-2025 will be "Yoga for One Earth, One Health". In this regard, M/o Ayush has requested for displaying and announcing messages related to IDY highlighting the 10th Anniversary commemoration as well as the theme, in Trains, at Railway Stations, subordinate offices, all possible prominent sites of the Railway network and to consider articles/cover stories in various publications of the M/o Railways, including those of the Training Institutions. IDY messaging may be prominently included in all the websites and social media handles of the M/o Railways, its units and PSUs. Moreover, the main activities assigned to Indian Railways for observation of IDY 2025 are enclosed as Annexure-'A'.

All are advised to take appropriate action and make arrangement accordingly so as to make the observance of 11th 'International Day of Yoga' on 21st June, 2025 a grand success.

DA: As above.

All PHODs & DRMs for n/a pl.
PCPO to pl co-ordinate.

(R. Rajagopal)
Director General (HR)
Railway Board

Copy to:

- (i) EDPG/MR – For kind information.
- (ii) AM/Commercial
- (iii) AM/Traffic
- (iv) ED/I&P
- (v) EDE(Trg.)
- (vi) Secretary, Railway Board

21/05/25
Gm
For kind information and necessary action.



आर. राजगोपाल
R. RAJAGOPAL



महानिदेशक (मानव संसाधन)
भारत सरकार
रेल मंत्रालय (रेलवे बोर्ड)
रेल भवन, नई दिल्ली-110001
Director General (Human Resources)
GOVERNMENT OF INDIA
MINISTRY OF RAILWAYS
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RAIL BHAWAN, NEW DELHI-110001
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All are advised to take appropriate action and make arrangement accordingly so as to make the observance of 11th 'International Day of Yoga' on 21st June, 2025 a grand success.

DA: As above.


(R. Rajagopal)
Director General (HR)
Railway Board

Copy to:

- | | |
|-------------------------------------|--|
| (i) EDPG/MR – For kind information. | |
| (ii) AM/Commercial | |
| (iii) AM/Traffic | |
| (iv) ED/I&P | |
| (v) EDE(Trg.) | |
| (vi) Secretary, Railway Board | |
- } For kind information and necessary action.

Activities to be conducted by Indian Railways for observation of IDY-2025:-

S. No.	Proposed Activities
1✓	Launch Yoga dedicated train for IDY.
2✓	Branding and hoarding including videos at railway stations.
3✓	Information on IDY/PM's quotes on tickets.
4✓	Announcement on IDY at waiting areas of railway stations.
5.	Live feeding of IDY at different offices may also be done.
6.	Tag the Ministry of Ayush on all social media platforms whenever disseminating the latest updates and information related to International Day of Yoga (IDY) through official channels and share social media posts from the M/o Ayush on your respective platforms to enhance outreach and visibility
7✓	IDY logo may be displayed and IDY related guidelines/digital resources may be uploaded on the websites/portals of respective Zonal Railways/PUs/PSUs etc.
8.	Publishing Yoga and IDY-specific articles in official's e-newsletter, bulletin, magazine etc.
9.	Organizing Yoga-related activities such as online/offline lectures, workshops, seminar etc. by Yoga experts, ahead of IDY 2025.
10✓	Ensure maximum participation in the main IDY event on 21st June, 2025.
11.	Sensitize employees on CYP/Y-break and Government offices/Private Companies/Cooperative societies to promote Y- break for their employees. The link of CYP is https://youtube.com/playlist?list=PLxZ05kgQiFwf6JbbEvThIy9AcZ0xrfxvk&si=xyA9uOqJLRKm5i .
12✓	Encourage participation of employees and their family members in various IDY activities organized on MyGov platform like quiz, competitions, video campaigns, etc.

13. The Digital Assets developed by M/o Ayush may be used:

a) **Namaste Yoga App**- This App a one stop health solution that enables people to access yoga related information, Yoga events and Yoga classes at their fingertips. The app also provides information on one's physical activity in terms step count and calories burnt. The link for the app is https://play.google.com/store/apps/details?id=yogatracker.np.com.yogatracker&hl=en_IN.

b) **Y Break App**- This App is a digital platform developed by Morarji Desai National Institute of Yoga, M/o Ayush, Government of India to promote Yoga practice in working population to de-stress, refresh and re focus at their workplace to increase their productivity, and consists of Asanas, Pranayama and Dhyana. The link for the app is http://play.google.com/store/apps/details?id=ybreak.ayush.gov.in&hl=en_IN.

c) **Yoga-Ayush Portal**: Dynamic portal with all details, digital assets and latest information about IDY activities. The link for the app is <https://yoga.ayush.gov.in/YAP/>.

राजेश कोटेचा

Ajaya Rajesh Kotecha
Secretary

2086561
30.4.25



सचिव

भारत सरकार
आयुष मंत्रालय

भारत सरकार

आयुष मंत्रालय

आयुष भवन 'बी' ब्लॉक जी.पी.ओ. कॉम्प्लेक्स,

आई.एन.ए. नई दिल्ली-110023

Government of India

Ministry of Ayush

Ayush Bhawan, B-Block, GPO Complex,

INA, New Delhi-110023

Tel : 011-24651950, Fax : 011-24651937

E-mail : secy-ayush@nic.in

D.O.No-M-16011/31/2025-YN
29th April, 2025

As we prepare to celebrate the 10th Anniversary of the observance of International Day of Yoga (IDY) on 21st June 2025, it is a privilege to write to you seeking your esteemed Ministry's support for promotion and awareness creation about the same. The request is to cause messaging and communication about this special event through the vast network of Railways across the country.

Drawing inspiration from the Hon'ble Prime Minister's call to take the rewards of Yoga to every citizen of the country, special efforts are being taken this year to make the 10th anniversary of IDY, falling on 21st June 2025, an impactful event. A "Whole-of-the-Government" Approach has been adopted, as decided in the meeting of Committee of Secretaries chaired by the Cabinet Secretary held on 31st January, 2025, with each Ministry contributing within its domain to add to the overall outcomes of the IDY observation.

The theme of IDY-2025 will be "Yoga for One Earth, One Health", as announced by the Hon'ble Prime Minister in the Mann Ki Baat address on 30th March 2025.

In this context, I would request your support for displaying and announcing messages related to International Day of Yoga highlighting the 10th anniversary commemoration as well as the theme, in Trains, and at Railway Stations, subordinate offices and all possible prominent sites of the Railway network. Pursuing the above-mentioned "Whole-of-the-Government" Approach towards IDY-2025, it is requested to take this up as an activity of the Ministry of Railways, and not as advertisements.

It is also requested to consider articles and cover stories in various publications of the Ministry of Railways, including those of the Training Institutions. IDY messaging may please be prominently included in all the websites and social media handles of the Ministry of Railways, its units and PSUs.

The Ministry of Ayush would be privileged to support these activities with creatives and other inputs. You are requested to kindly nominate a coordinating officer for this activity, so that sharing of such inputs can be facilitated.

Thanking you in advance for your support.

With regards,

Yours sincerely,

राजेश कोटेचा

(Rajesh Kotecha)

Shri Satish Kumar
Chairman & CEO,
Railway Board,
Ministry of Railways
crb@rb.railnet.gov.in

श्री राजेश कोटेचा
सचिव
Maidya Rajesh Kotecha
Secretary



सत्यमेव जयते

भारत सरकार
आयुष मंत्रालय
आयुष भवन, 'बी' ब्लॉक, जी.पी.ओ. कॉम्प्लेक्स,
आई.एन.ए. नई दिल्ली-110023
Government of India
Ministry of Ayush
Ayush Bhawan, B-Block, GPO Complex,
INA, New Delhi-110023
Tel: 011-24651950, Fax: 011-24651937
E-mail: secy-ayush@nic.in

D.O.No.M-16011/43/2024-YN
25th February, 2025

Dear Colleague,

This is with reference to the meeting of Committee of Secretaries (CoS) held under the Chairmanship of Cabinet Secretary on 31st January, 2025 to review the preparations for the 11th International Day of Yoga (IDY) 2025.

In order to commemorate "A Decade of International Day of Yoga" Ministry of Ayush have already begun its preparations. Along with various countdown events, this year Ministry has planned 10 signature events to be held in India and across globe. To ensure success of these events a whole of government approach is required. Therefore, Ministry of Ayush have prepared an indicative list of the roles and responsibilities of the Ministries/ Departments as a follow up of the directions conveyed in the CoS meeting which are enclosed herewith as Annexure I.

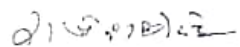
Further, it is also encouraged to actively involve various Autonomous Bodies/ Training Institutes under your organizations, to maximize the outreach and participation, including channelling your resource in State/ UT to help this Ministry to achieve the idea of spreading Yoga to the last mile.

Your expertise, outreach, and resources will play a crucial role in successfully spreading the message of maintaining physical fitness along with mental and spiritual well-being through Yoga. In case of any query please contact Smt. Vijayalakshmi Bharadwaj, Director, MoA (Ph. No. 011-24651658 email id:-vijayalakshmi.bharadwaj40@gov.in)

Looking forward to your active participation and support.

With regards,

Yours sincerely,


(Rajesh Kotecha)

Encl: As above

To

All Secretaries to the Government of India
(As per list attached)

ANNEXURE-I

S.No.	Stakeholder Ministry	Activities proposed to be assigned
1.	Ministry of Civil Aviation/ Ministry of Road Transport and Highways/ Ministry of Railways/ Ministry of Petroleum and Natural Gas	<ol style="list-style-type: none"> 1. Branding and hoarding including videos at public outlets of these Ministries and their PSUs viz., airports, flights, bus stops, Toll-Plaza, railway stations, petrol pumps, CNG outlets. 2. Launch Yoga dedicated train for IDY 3. Announcement on IDY at waiting areas of Airports, Railway Stations, distribution of pamphlets with messages on IDY to passengers, independent flyers, columns in airline magazine, announcement on pilot/ staff speaker system on aircraft. 4. Information on IDY/ PM's quotes on tickets, boarding passes
2.	Department of Higher Education/ School Education & Literacy	<ol style="list-style-type: none"> 1. Support for Signature Activities: Yoga Unplugged, Yoga Mahakumbh and Yoga Prabhav (Details at Annexure II) 2. Educational Institution Mobilisation: Mobilising educational institutions to promote Yoga awareness and IDY participation. 3. Student Volunteering: Encouraging student volunteering in IDY activities, including CYP training, NCC and NSS in collaboration with MoD and Deptt. of Youth Affairs. 4. Organising Yoga Olympiad, competition, quizzes, workshops/seminars for students/employee on Yoga. 5. Launch Yoga clubs in Universities/Schools. 6. Articles on Yoga: Head of the Institutions to write articles on Yoga reflecting health parameters with credible scientific data. Ministry of Ayush can facilitate the data. 7. Brand ambassador programme- create a platform for the students 8. UGC already has a credit score for Yoga. The department will organize felicitation for those students
3.	Department of Post	<ol style="list-style-type: none"> 1. Support for Signature Activities: Yoga Prabhav, Yoga Park (Details at Annexure II) 2. Postal Network Mobilisation: Utilising the postal network, especially in rural areas, for various IDY activities. 3. Philatelic Commemorations: Organising philatelic events and issuing commemorative stamps to mark the IDY decade. 4. Staff Participation: Encouraging staff and families to participate in IDY through welfare and recreation channels. 5. Publicity: Wider publicity through stationery like envelopes, special covers, Postal Life Insurance

		<p>Policies, etc.</p> <ol style="list-style-type: none"> 6. Support for delivery of letters: Letters to Panchayat Head by the Hon'ble Prime Minister on IDY 2025 may preferably be delivered physically by India Post for personal touch. Facilitation of Pin Code and translation of Letter signed by Hon'ble PM in local language. 7. Release of Yoga Stamp on the occasion of IDY. 8. Considering offering special discount on opening of new Account during IDY.
4.	M/o Youth Affairs and Sports	<ol style="list-style-type: none"> 1. Support for Signature Activities: Yoga Unplugged and Yoga Parks (Details at Annexure II). 2. Infrastructure and Organisational Utilisation: Leveraging the Ministry's infrastructure, sports, and youth organisations for the nationwide IDY effort. 3. Sports Personality Engagement: Engaging prominent sports personalities to popularise Yoga and IDY activities. 4. Amplification through MyBharat portal.
5.	M/o Culture/Tourism	<ol style="list-style-type: none"> 1. Support for Signature Activities: Yoga Unplugged, Yoga Mahakumbh and Yoga Harit (Details at Annexure II). 2. Cultural Event Organisation: Organising cultural events at iconic places that showcase Yoga's importance for a healthy lifestyle. 3. Institutional Involvement: Engaging major cultural institutions like the Sangeet Natak Academy in IDY 2025 celebrations. 4. Promotional Videos: Creating promotional videos featuring cultural icons and disseminating them through social media.
6.	M/o Panchayati Raj & M/o Rural Development	<ol style="list-style-type: none"> 1. Participation of Village Sarpanchs in nearby AAMs/Amrit Sarovars in IDY 2025 observation
7.	M/o Defence	<ol style="list-style-type: none"> 1. Encouraging active participation by Armed Forces and families in CYP at all Defence establishments. 2. Participation of NCC in IDY related activities.
8.	M/o Home Affairs	<ol style="list-style-type: none"> 1. Encouraging active participation of police and para-military personnel and their families 2. IDY observation Freedom fighters & Padma awardees
9.	M/o Social Justice & Empowerment	<ol style="list-style-type: none"> 1. Support for Signature Activities: Yoga Dhanush (Details as per Annexure II)
10.	DPIIT	<ol style="list-style-type: none"> 1. Collaborate with DPIIT, M/o Commerce to offer special discount on Tablets. For eg. 'Yoga Tablet 10'.
11.	Common activities for all	<ol style="list-style-type: none"> 1. Each ministry to ensure maximum participation in the main IDY event on 21st June 2025

Ministries/Departments including above	<ol style="list-style-type: none"> 2. Engage large number of PSUs and training establishments under administrative control of respective Ministries/ departments for IDY activities. Educational and technical institutions affiliated with Ministry, field units, subordinates/ attached offices may also be roped in. All possible channels may be leveraged to conduct yoga activities across all levels. Live feeding of IDY at different offices may also be done. 3. Sensitize employees on CYP/ Y-break and Government Offices/ Private Companies/ Cooperative societies to promote Y-break for their employees. The link of CYP is https://youtube.com/playlist?list=PLxZ05kgQifwf6JbbEvThly9AcZ0xrfxvk&si=xy_A9uOqJLRKm5i 4. Encourage participation of employees and there family members in various IDY activities organized on MyGov platform like quiz, competitions, video campaigns, etc. Encourage participation of employees and there family members in various IDY activities organized on MyGov platform like quiz, competitions, video campaigns, etc. 5. "All Ministries/Departments are requested to tag the Ministry of Ayush on all social media platforms whenever disseminating the latest updates and information related to International Day of Yoga (IDY) through their official channels. Additionally, Ministries/Departments may also share social media posts from the Ministry of Ayush on their respective platforms to enhance outreach and visibility" 6. IDY logo may be displayed and IDY related guidelines/digital resources may be uploaded on the Websites/ Portals of respective Ministries/Departments 7. Organizing Yoga-related activities such as online/offline lectures, workshops, seminar etc. by Yoga experts, ahead of IDY 2025 8. Publishing Yoga and IDY-specific articles in official e-newsletter, bulletin, magazine etc 9. The Digital Assets developed by MoA may be used:- <ol style="list-style-type: none"> a) Namaste Yoga App - This App a one stop health solution that enables people to access yoga related information, yoga events and Yoga classes at their fingertips. The app also provides information on one's physical activity in terms step count and calories burnt. The link for the app is https://play.google.com/store/apps/details?id=yogatracker.np.com.yogatracker&hl=en_IN b) Y Break App - This App is a digital platform developed by Morarji Desai National Institute of Yoga, Ministry of Avush, Government of India to promote Yoga practise in Working population to de-stress, refresh and re focus at their workplace to increase their productivity, and consists of Asanas, Pranayama and Dhyana. The link for the app is https://play.google.com/store/apps/details?id=ybreak.ayush.gov.in&hl=en_IN
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	c) Yoga- Ayush Portal. Dynamic portal with all details, digital assets and latest information about IDY activities. The link for the app is http://yoga.ayush.gov.in/YAP/
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Annexure II

S.No.	Activity	Major Stakeholder	Responsibilities of Major Stakeholders
1.	Yoga Parks Development: The initiative aims to establish 1,000 "Yoga Parks" across India by upgrading or modifying existing public parks. This will provide dedicated spaces for yoga practice, making it more accessible to communities nationwide and encouraging regular yoga adoption.	Department of Post/ Ministry of Youth Affairs and Sports	(1) To collaborate with local Yoga organization/Ayushman Arogya Mandir of MoHFW and MoA/others for Yoga instructors for Yoga classes/ Yoga activity in the park.
2.	Yoga Dhanush (Rainbow of Inclusive Yoga): The Yoga Dhanush" champions inclusivity, making Yoga accessible and beneficial to individuals of all abilities and backgrounds. It will achieve this by creating specialized yoga programs tailored for diverse groups, including Divyangjan, children, senior citizens, and marginalized communities.	Ministry of Social Justice & Empowerment	1) To disseminate the yoga module developed MDNIY for the targeted groups.
3.	Yoga Prabhava: A Decadal Impact Assessment: This nationwide survey, coordinated by the Central Council for Research in Yoga & Naturopathy (CCRYN), will measure the public health and social impacts of IDY. Health-care institutions, Yoga institutions, and other stakeholders will be involved. Yoga Prabhava" will provide crucial data-driven insights into IDY's effectiveness, guiding future initiatives and policy decisions.	Ministry of Education/ Department of Post	1) Revamp the Arogya Setu Portal or Ayush Sanjivani Portal for the public survey to be explored.
4.	Harit Yoga (Sustainability Initiative): The "Harit Yoga" Sustainability Initiative aims to integrate yoga with environmental consciousness. It combines yoga sessions in	Ministry of Tourism/ Ministry of Culture	1) Identifying locations relevant to Environmental Protection, where Harit Yoga activities identified can be staged.

	natural settings with tree planting drives under 'Ek Ped Maa Ke Naam' and clean-up campaigns, promoting environmentally responsible practices and linking these activities to Yoga Parks.		
5.	<p>Yoga Unplugged (Youth Initiatives): Yoga Unplugged" leverages contemporary communication channels to attract youth, cultivating a new generation of Yoga practitioners across the globe. This initiative will include (but need not be restricted to):</p> <p>Social Media Challenges: National and international Yoga challenges will encourage participation and sharing on social media, building a vibrant online community.</p> <p>Educational Campaigns: Yoga education will be integrated into schools, universities, and workplaces, covering theoretical knowledge and practical sessions.</p>	Ministry of Education/Ministry of Culture/Department of Youth Affairs/Department of Sports/ Ministry of Tourism	<p>1. Ministry of Education- Encouraging student volunteering in IDY activities, including CYP training</p> <p>Organising competition, quizzes, workshops/seminars for students on Yoga. Launch Yoga clubs in Universities/Schools. To identify Yoga Ambassadors in each school/educational institutions and consider having Yoga Club for institutionalisation of Yoga culture in the youth.</p> <p>2. Ministry of Youth Affairs & Sports - Leveraging the Ministry's infrastructure, sports, and youth organisations for the nationwide IDY effort.</p> <p>Engaging prominent sports personalities to popularise Yoga and IDY activities. Amplification through MyBharat portal.</p>
6.	<p>Yoga Maha Kumbh: The "Yoga Maha Kumbh" is a week-long series of grand yoga festivals taking place at 10 locations across India. The events will culminate with the International Day of Yoga (IDY) celebration, with one location hosting the central yoga event led by the Prime Minister. The "Yoga Maha Kumbh" aims to provide immersive yoga experiences, foster a sense of community, and</p>	Ministry of Culture/Ministry of Education/Ministry of Culture/Ministry of Tourism	<p>1) To participate in Yoga Mahakumbh as per SoP.</p>