

सं. डी-34020/01/2022(GA)Part II  
Government of India/भारत सरकार  
Department of Science & Technology/विज्ञान और प्रौद्योगिकी विभाग  
General Admin Section/सामान्य प्रशासन अनुभाग  
टेक्नालॉजी भवन, नया महरौली रोड, नई दिल्ली-110016  
दिनांक: 10.06.2025

**कार्यालय ज्ञापन/ OFFICE MEMORANDUM**

**Subject: Organisation of International Day of Yoga (IDY) – 21<sup>st</sup> June 2025-Reg.**

Ministry of Ayush is leading the nationwide campaign for the 11<sup>th</sup> International Day of Yoga (IDY) under the unifying theme "Yoga for One Earth, One Head." Like every year, the International Day of Yoga (IDY) would be observed on 21<sup>st</sup> June to promote the practice and benefits of Yoga for physical and mental well-being. In view of the upcoming 11<sup>th</sup> International Day of Yoga (IDY) 2025, all Autonomous Bodies and Attached Offices under the administrative control of this Department are requested to take proactive steps for its successful organisation and widespread participation. An indicated list of roles and responsibility is enclosed in **Annexure-I**. Yoga pamphlet (attached) issued by Ministry of Ayush for organisation of IDY 2025 may also be referred.


2. Ministry of Ayush has curated a comprehensive set of creative materials, social media posts, banners, videos, logos and infographics highlighting various aspects of Yoga and the IDY 2025 campaign. These have been compiled and are accessible through the following Google Drive link:

[https://drive.google.com/drive/u/0/folders/1iT9Jy4HSBpkn\\_eXatOczeFosWLUkmpw](https://drive.google.com/drive/u/0/folders/1iT9Jy4HSBpkn_eXatOczeFosWLUkmpw)

In this regard, it is requested to kindly:

- (i) Share the relevant materials on your official social media platforms
- (ii) Amplify this content and contribute to a whole-of-Government approach in promoting the message of Yoga.

3. All the attached/ subordinate offices & Autonomous Bodies/ Statutory Body of this department are therefore, requested to carry out activities ahead of International Day of Yoga, 2025.

  
(संजय केरकेटा)

अवर सचिव, भारत सरकार  
टेलिफोन सं.011-26590573

To,

1. Additional Secretary & Head, AI Division (for All AIs and Statutory Body)
2. Joint Secretary (SMP)
3. Head, TTI Division (for TDB)



## Annexure- I

1. Ensure maximum Participation in main IDY events on 21<sup>st</sup> June, 2025.
2. Engage Large number of number of PSUs and training establishment under administrative control of respective Ministries/ department 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 Common Yoga Protocol (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. All the Officers/ officials/ staff and their family may take online Yoga pledge on MyGov Platform using the web link: <https://pledge.mygov.in/yoga-for-health/>
5. Encourage participation of employees and their family members in various IDY activities organized on MyGov Platform like quiz, competition vide campaigns, etc. using the web link: <https://quiz.mygov.in/quiz/international-day-of-yoga-2025-quiz/>
6. Tag the Department of Science and Technology, 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, Ministry/ Department also share social medial post from Ministry of Ayush on their 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 Ministries/ Department.
8. Organisation Yoga related activities such as online/ offline lectures, workshops, seminar etch by Yoga experts, ahead of IDY 2025.
9. Publishing Yoga and IDY –specific articles in official e-newsletter, bulletin, magazine etc.
10. The Digital Assets developed by MoA may be used:-

**a. Namaste Yoga App** - This App is 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 ones'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

**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/>

