



The IDY Handbook

Reference for organizers of promotional activities for
International Day of Yoga (IDY) 2025



Version 2.0



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A note on Version 2.0

Version 2.0 of the IDY 2025 Handbook is being released to provide comprehensive and updated guidance to all stakeholders planning activities for the International Day of Yoga 2025. It builds upon the preliminary Version 1.0, which was issued in response to early public interest and demand for preparatory support.

This updated edition incorporates refined details, new initiatives, and expanded suggestions to help individuals and organizations meaningfully engage with IDY 2025. It reflects the latest planning inputs from the Ministry of Ayush and is intended to serve as a ready reference for organizers at every level.

All stakeholders are encouraged to make use of this updated version to ensure well-coordinated and impactful celebrations of the completion of a decade of celebrating the International Day of Yoga (IDY).

Preface

2 1st June was recognized as the International Day of Yoga (IDY) by the United Nations General Assembly (UNGA) in December 2014 at the initiative of the Hon'ble Prime Minister of India. The IDY Resolution (Appendix 1 in Section J) moved by India secured unanimous consent and since 2015, IDY has been an occasion that is observed around the world with great enthusiasm and fervour.

The observance of IDY underscores the profound potential of yoga to enhance physical, mental, and emotional well-being. Beyond celebrating this ancient practice, IDY seeks to educate and inspire people worldwide to embrace its transformative benefits. Over the years, the celebration of yoga through IDY has not only increased its popularity but also expanded its geographical presence, inspiring adoption in numerous new regions. The event has spurred significant advancements in the field of yoga, including the creation of yoga protocols for individuals of all ages, the development of specific protocols targeting lifestyle diseases, and research into yoga as a potential productivity-enhancing tool.

In India, the Ministry of Ayush (MoA) serves as the nodal agency for mobilizing efforts to observe IDY each year. However, the mission to promote awareness and adoption of yoga on a global scale requires collaborative efforts and could not have been achieved by working in isolation. Over the past ten years of IDY observance, the partnerships formed by the Ministry with key stakeholders-including other Central Ministries, States/UTs, leading Yoga institutions, Yoga centers, independent practitioners, educational institutions, non-governmental organizations, and other civil society organizations-have been instrumental in successfully inspiring an ever-growing number of people to participate in IDY each year. These stakeholders made valuable contributions in promoting the spirit of participation in IDY on a wide scale, thus converting IDY into a mass movement for health and well-being.

The Handbook through standardization of activities will also help to strengthen collaborations among different stakeholders in organizing activities for IDY-2025. The reference material provided herein will enable the organizers to adopt a systematic approach, thus widening the net of potential participants and facilitating the inclusion of a larger number of stakeholders. The Handbook is structured to provide a background on IDY, its significance, past achievements and the importance of the Common Yoga Protocol (CYP). It will indicate how individuals and institutions can participate to make IDY a truly universal event. The Ministry has also included a list of publicly accessible digital resources that organizers can leverage, as well as suggestions for various activities that can be conducted by each.

As we step into another year of celebrating yoga on a global scale, the Ministry of Ayush reaffirms its commitment to fostering a culture of well-being through this ancient practice. The success of IDY lies not only in its observance on June 21 but in its continued integration into daily life, encouraging individuals and communities worldwide to experience its transformative impact. We look forward to working alongside our partners to make IDY-2025 even more inclusive, impactful, and far-reaching, ensuring that the spirit of yoga resonates beyond borders and generations.

A. What is IDY and how is it observed?

Yoga is widely recognized for its health benefits and its ability to reduce stress. Acknowledging its global importance, the United Nations General Assembly (UNGA) declared June 21st as the International Day of Yoga (IDY) on December 11, 2014, through resolution 69/131. The proposal, introduced by India's Hon'ble Prime Minister during the 69th session of the UNGA, received support from 175 Member States. Highlighting the significance of Yoga, he stated, "Yoga is an invaluable gift from our ancient tradition. It embodies unity of mind and body, thought and action—a holistic approach that is valuable to our health and well-being. It's not just about exercise; Yoga is a way to discover a profound sense of oneness with yourself, the world, and nature."

Since 2015, IDY has been celebrated worldwide, with participation increasing each year. The event encourages people to adopt healthier habits, including practicing Yoga. Recognizing the importance of physical activity, the World Health Organization (WHO) has also urged nations to promote movement, as inactivity is one of the leading causes of death and a major risk factor for diseases such as heart disease, cancer, and diabetes.

The UN resolution on IDY encourages governments, organizations, and individuals to participate and spread awareness of Yoga's benefits. To maximize its impact, standard procedures have been established to make Yoga more accessible and ensure lasting engagement. Many individuals who learn the Common Yoga Protocol (CYP) during IDY have continued practicing even after the event, highlighting its long-term benefits.

In India, IDY is observed with a synchronized yoga session based on the Common Yoga Protocol (CYP), a structured 45-minute routine. The event typically runs from 7:00 a.m. to 8:00 a.m., with the CYP session from 7:00 a.m. to 7:45 a.m., followed by additional activities such as Yoga practices, speeches, or prayers for the remaining 15 minutes. The session is also broadcast on national television, allowing people across the country to participate together. This year, the International Day of Yoga (IDY) will be observed under the theme 'Yoga for One Earth, One Health'.

By celebrating IDY, millions worldwide embrace yoga as a simple, cost-effective way to improve health and well-being, reinforcing its role in fostering a healthier global community.



B. What is the Common Yoga Protocol (CYP)?

The Common Yoga Protocol (CYP) is a structured 45-minute yoga routine that serves as the core of International Day of Yoga (IDY) celebrations. Developed in 2015 by some of India's most esteemed Yoga gurus, it was designed to facilitate large-scale, synchronized yoga demonstrations for IDY. The sequence consists of carefully chosen asanas, making it an ideal introduction for beginners while ensuring accessibility for people of all ages and backgrounds. Beyond promoting physical health, CYP also raises awareness about Yoga's benefits among the general public.

In just ten years, CYP has become one of the most widely practiced introductory yoga programs. Every year on June 21st, the session is conducted in groups from 7:00 a.m. to 7:45 a.m., followed by an additional 15-minute customized segment, which may include Yoga practices, speeches, or prayers. This makes IDY a one-hour event from 7:00 a.m. to 8:00 a.m.

To ensure smooth participation in mass demonstrations, organizers encourage participants to familiarize themselves with CYP in advance. Ideally, learning CYP requires 15 hours of training (about one hour per day), but even a 5-hour introduction allows individuals to take part. As a result, training sessions are an essential part of IDY preparations.

Experience over the past ten years has shown that many who learn CYP for IDY continue practicing it regularly, making their participation in IDY the first step toward a long-term yoga journey.



CYP English Booklet

The PDF versions of the CYP booklets are available in English and Hindi on MoA's Yoga Portal and can be accessed by scanning these QR Codes



CYP Hindi Booklet

Links for the CYP videos are available in this document, in Section F - Digital Resources for Yoga.





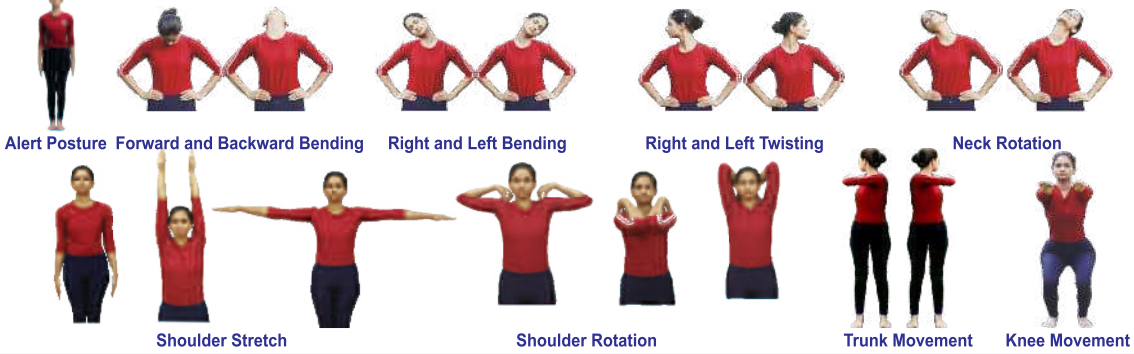
Common Yoga Protocol (CYP) 45 minutes



PRAYER : 1 Minute

ॐ Samgacchadhvam samvadadhvam, sam vo manāmsi jānatām
devā bhāgam yathā pūrve, sanjānānā upāsate ||

LOOSENING PRACTICES : 6 Minutes



YOGĀSANA : 25 Minutes



KRIYĀ, PRĀṆĀYĀMA, DHYĀNA, SANKALPA : 12 Minutes



Shanti Mantra : 1 Minute

ॐ Sarve Bhavantu Sukhinaḥ,
Sarve Santu Nirāmayāḥ
Sarve Bhadrāṇi Paśyantu,
Mā kaścīt Duḥkha Bhāgbhavet
ॐ Śāntiḥ Śāntiḥ Śāntiḥ

Past International Day of Yoga (IDY) Celebrations

The first International Day of Yoga (IDY) was celebrated on June 21, 2015, with the Hon'ble Prime Minister of India leading the event in New Delhi. This historic occasion set two Guinness World Records—one for the largest Yoga session with 35,985 participants at a single venue and another for the highest number of nationalities (84) in a single Yoga session. The event was celebrated in 170 countries, including the USA, China, and Canada, marking the beginning of a worldwide movement. Since then, India's main IDY celebrations have been held in different cities: Chandigarh (2016), Lucknow (2017), Dehradun (2018), Ranchi (2019), Mysuru (2022), Jabalpur (India) and New York City (USA) in 2023, and Srinagar in 2024. At each event, the Hon'ble Prime Minister of India led a mass Common Yoga Protocol (CYP) session, while thousands of similar yoga demonstrations took place across the country.

In 2020 and 2021, due to the COVID-19 pandemic, mass gatherings were not possible. The celebrations shifted online with the themes "Yoga at Home, Yoga with Family" in 2020 and "Yoga for Wellness" in 2021. People across the world participated from their homes, and the Ministry of Ayush (MoA) provided digital resources through its Yoga Portal (yoga.ayush.gov.in) and social media platforms. In 2021, a trainer-led Yoga session was also telecast on DD National to ensure widespread participation.

The 8th edition of International Day of Yoga (IDY) in 2022 marked the return of physical events. With the theme "Yoga for Humanity," the celebrations focused on Yoga's role in promoting well-being, especially during and after the pandemic. The event saw over 22.13 crore participants, with a global outreach of 125 crore through various initiatives of the Ministry of Ayush and other stakeholders. The main event was held at Mysuru Palace (Karnataka), where over 15,000 people participated in the Common Yoga Protocol session. Additionally, 87 Yoga and Ayush institutions and startups showcased their products at an exhibition in Dussehra Ground, Mysuru.

Another major initiative was the 'Guardian Ring of Yoga,' which followed the movement of the Sun from east to west, based on the concept "One Sun, One Earth." This program involved 79 countries and the United Nations Organization (UNO), with full support from Indian Missions. As IDY 2022 coincided with the celebration of 'Azadi ka Amrit Mahotsav' (AKAM), the Central Government observed the day at 75 heritage sites across India. Indian Missions abroad and leading Yoga institutions also participated with great enthusiasm, further strengthening the global presence of IDY.

The International Day of Yoga (IDY) 2023 was celebrated with the theme "Yoga for Vasudhaiva Kutumbakam," aligning with India's G20 Presidency. The national event took place in Jabalpur, Madhya Pradesh, where the Honorable Vice President of India led a mass Yoga session with over 15,000 participants following the Common Yoga Protocol (CYP). Meanwhile, the Hon'ble Prime Minister led the global celebrations from the UN Headquarters in New York, with representatives from 135 countries joining the event. A significant highlight of IDY 2023 was the 'Ocean Ring of Yoga,' where Indian Navy and merchant ships carried the message of peace across India's extended maritime neighborhood, covering over 35,000 km.

At the national level, the focus was on "Har Aangan Yoga," encouraging yoga practice at the grassroots level through Panchayats, Anganwadis, and Ayush centers. Two Guinness World Records were set—one at the

UN Headquarters and another in Surat, where 1.53 lakh people participated. Yoga demonstrations took place in extreme locations, from the Arctic to Antarctica, including India's research bases in Antarctica. The event also saw coordinated yoga demonstrations by the Indian armed forces along the country's coastline and islands, forming the Yoga Bharatmala and Yoga Sagarmala. With over 23.44 crore participants globally and an outreach of 113 crore through various initiatives, IDY 2023 witnessed an overwhelming response.

IDY 2024 was celebrated worldwide with the theme "Yoga for Self and Society," highlighting yoga's role in personal well-being and social harmony. In India, despite heavy rain, 7,000 yoga enthusiasts participated in the main event at the Sher-i-Kashmir International Convention Centre (SKICC) in Srinagar. A 45-minute Common Yoga Protocol session was broadcast across Doordarshan, reaching millions globally. Additionally, 20,000 people participated in yoga sessions held across all 20 districts of Jammu and Kashmir.

A key highlight of IDY 2024 was the "Yoga for Space" initiative, supported by the Indian Space Research Organisation (ISRO), where scientists and officials across all ISRO centers, including the Gaganyaan project team, practiced yoga, showcasing its importance in high-performance environments. The event also promoted inclusivity with the launch of a Braille CYP book, making Yoga accessible to visually impaired individuals, and the release of the "Professor Ayushman" Comic Book, designed to introduce children to yoga in an engaging way.

Several records were set, including a Guinness World Record for the Yoga Shapath Abhiyan in Uttar Pradesh, where 25.93 lakh individuals pledged their commitment to yoga. A large-scale demonstration in Andhra Pradesh with 1,000 participants, including 600 differently-abled individuals was also held. The Central Council for Research in Yoga & Naturopathy (CCRYN), in collaboration with PGIMER, Chandigarh, received recognition from the Asia Book of Records for mobilizing the highest number of healthcare professionals practicing the Common Yoga Protocol. Overall, IDY 2024 saw an estimated participation of 24.53 crore people, further strengthening yoga's global influence.

IDY Over The Years

Year	Venue	Theme	Participants
2015	New Delhi	Yoga for Harmony and Peace	35,000+
2016	Chandigarh	Yoga for Self and Society	30,000+
2017	Lucknow, Uttar Pradesh	Yoga for Health	51,000+
2018	Dehradun, Uttarakhand	Yoga for Peace	60,000+
2019	Ranchi, Jharkhand	Yoga for Heart	18,000+
2020	Virtual	Yoga for Health - Yoga at Home	
2021	Virtual	Yoga for Wellness	
2022	Mysuru, Karnataka	Yoga for Humanity	15,000+
2023	Jabalpur, Madhya Pradesh & New York (USA)	Yoga for Vasudhaiva Kutumbakam	15,000+
2024	Srinagar, Jammu & Kashmir	Yoga for Self and Society	20,000+

The 10 Signature Events of International Day of Yoga (IDY) - 2025

Signature Events- The Rationale:

IDY 2025, which will be held on June 21, marks a decade of this observance. For this special occasion, the Government has planned a series of activities clubbed under 10 signature events, spread over 100 days that would culminate on 21st June 2025.

The 10 Signature Events are designed to offer a practical demonstration and encapsulation of the theme 'Yoga for One Earth, One Health'. Each Signature Event (SE) is intentionally crafted to target a different group, ensuring that collectively, all SEs comprehensively signify the overarching theme. People and institutions are encouraged to take ownership of events that align with their capabilities and interests, thereby inspiring widespread participation and engagement. The Signature Events seek in different ways to take the rewards of Yoga to the people. They are:

1. Yoga Sangam (Flagship Event)

'Yoga Sangam', is the mainstay of the IDY-2025 observation and it envisages a synchronized, but distributed, mass yoga demonstration based on the Common Yoga Protocol (CYP) at 1,00,000 locations across India. It will take place on 21st June, 2025, the 'International Day of Yoga' from 7:00 AM to 7:45 AM simultaneously with the main IDY event which will be conducted in Vishakhapatnam, Andhra Pradesh and led by the Hon'ble Prime Minister. Hundreds of thousands of individuals across the length and breadth of the country will unite in this harmonised yoga session. Government and private organizations, citizens groups, corporates, cultural organisations, educational institutions and various other organisations of multiple hues will organise 'Yoga Sangam' events across the country. Aspiring 'Yoga Sangam' organisers are invited to register on <https://yoga.ayush.gov.in/yoga-sangam> for conducting the event in their localities. The Ministry of Ayush will felicitate organisers with certificates for the successful execution of their 'Yoga Sangam' events.



2. Yoga Bandhan

'Yoga Bandhan' aims to foster institution-to-institution and people-to-people connections across borders to promote the practice of yoga globally while highlighting yoga's transformative impact on health and wellness. Yoga Bandhan goes beyond just demonstrations of yoga; it also highlights the historical and cultural significance of yoga in strengthening India's bilateral ties with select partner countries and projecting its soft power. By coordinating joint yoga programs, India and partner countries will reaffirm their shared commitment to holistic well-being, inner peace, and cross-cultural understanding. Institutions working in areas related to culture, yoga, academics etc. are encouraged to take up international collaborations that encourage yoga under the brand of Yoga Bandhan. No prior registration is required for conducting a Yoga Bandhan event and they can be conducted on any date prior to 21st June 2025.



3. Yoga Park

'Yoga Park' has been designed to leave behind a positive legacy of IDY 2025 in the form of creation of community assets. Public parks in various Panchayats and Municipalities will be upgraded into 'Yoga Parks' with the help of local authorities. This initiative will transform public spaces into dedicated wellness zones

where people can practice yoga every day. The Yoga Parks will be welcoming public spaces for people of all backgrounds, where trained instructors from partnering yoga institutions will lead yoga sessions and awareness programs. No prior registration is required for conducting a Yoga Park event and they can be conducted on any date prior to 21st June 2025.



4. Yoga Samavesh

'Yoga Samavesh', is an initiative rooted in the principles of inclusivity and accessibility. It has been designed to take the benefits of yoga to diverse and often underserved groups, Yoga Samavesh will focus on addressing the unique needs of specific marginalized groups. To cater to these needs, ten specific yoga protocols have been finalized, targeting areas/ groups such as such as Diabetes Mellitus, Hypertension, Bronchial Asthma, Children (3–6 years), Adolescents, Senior Citizen, Women (12–35 years), Pregnant Women, Substance Abuse (Drug De-addiction), and Mental Health.

The initiative aims to popularise targeted yoga interventions for special groups through specific yoga protocols. Participants from these groups will undergo a structured 10-day training program, delivered by partner organizations, designed to address their unique needs. While the culmination of Yoga Samavesh will be marked by a national event on 21st June 2025, partner organizations will also host regional events across the country on various dates in the lead up to IDY. No prior registration is required for conducting a Yoga Samavesh event and they can be conducted on any date prior to 21st June 2025.



5. Yoga Prabhava

'Yoga Prabhava' is aimed at conducting a comprehensive assessment of the impact of 10 years of IDY observation on public health and social well-being in India. By measuring and analysing IDY's legacy, this report will provide valuable insights to inform and enhance future global health and wellness initiatives.

The report is also expected to serve as a strategic policy guide, shaping well-ness initiatives and reinforcing preventive healthcare efforts. It will stand as a testament to India's leadership in deploying yoga to achieve public health outcomes. Additionally, the report will function as a comprehensive knowledge resource, documenting key achievements, addressing challenges, and outlining a roadmap to amplify the future impact of IDY. It will be released on the 14th of June 2025 at 'Yoga Connect'. No prior registration is required for conducting a Yoga Prabhava event and they can be conducted on any date prior to 21st June 2025.



6. Yoga Connect

'Yoga Connect'— a Global Online Yoga Summit, will bring together yoga experts, policy makers, and health specialists, from across the world. This summit aims to serve as a global platform for dialogue, collaboration, and the exchange of ideas around the evolving landscapes of yoga and wellness. The day long conclave is scheduled for 14th June 2025 and will be conducted in a hybrid mode. It will be live streamed globally and will feature participation from leading international yoga institutions, along with eminent gurus and global influencers. The Yoga Prabhava report will be released during a Yoga Connect. No prior registration is required for conducting a Yoga Connect event and they can be conducted on any date prior to 21st June 2025.



7. Harit Yoga

The 'Harit Yoga' initiative will promote environmental sustainability alongside traditional yoga practices. In addition to yoga sessions, this year's observation will incorporate eco-friendly activities such as tree plantations, beach clean-ups, yoga at iconic natural locations and community-driven environmental efforts. No prior registration is required for conducting a Harit Yoga event and they can be conducted on any date prior to 21st June 2025.



8. Yoga Unplugged

'Yoga Unplugged' is a series of activities designed to make yoga more appealing and engaging for the youth. The initiative aims to inspire the new generation to adopt yoga and the Common Yoga Protocol (CYP) as a part of their daily lives. The programme includes youth festivals and offline events that creatively blend yoga with performing arts, such as dance, drama, and music, alongside the Samarpan Volunteer Programme for student participation.

Additionally, a variety of online events are being organised through mygov, including Quizzes, Essay Competition, E-Poster Contest, 'Yoga My Pride' Photography Contest, Yoga Comic Contest, Yoga Pledge, Yog Geet (Jingles), and the Yoga Tech Challenge. A range of social media activities and competitions will further engage the youth across digital platforms. No prior registration is required for conducting a Yoga Unplugged event and they can be conducted on any date prior to 21st June 2025.



9. Yoga Maha Kumbh

'Yoga Maha Kumbh' is a week-long 'festival of yoga' aimed to bringing together thousands of people across 10 different cities. For each of the cities, the Ministry will partner with an organization (CPSEs, SPSEs, PSUs etc) that can sponsor and organize the events in the host cities. Yoga Maha Kumbh will be spread over 7 days (15th June - 21st June). Yoga Maha Kumbh is aimed at taking yoga closer to the people. No prior registration is required for conducting a Yoga Maha Kumbh event and they can be conducted on any date prior to 21st June 2025.



10. Samyoga

The focus of Samyoga is on exploring the translation of yoga evidences in enhancing modern and contemporary healthcare systems. As part of 'Samyoga', one-day events will be organized with support from identified partners including Research Councils and National Institutions of Ayush Ministry. One of the key outcomes of Samyoga will be the creation of a repository of essential activities drawn from the event, contributed by experts from diverse medical fields for structured inclusion in public health initiatives. Success stories and best practices will be shared on national and international platforms. Several events will be conducted in the lead upto IDY 2025 by Research Councils and National Institutions of Ayush Ministry.



International Day of Yoga 2025: Yoga for One Earth, One Health

Conceptual Background of the Theme

The theme "Yoga for One Earth, One Health" is rooted in the "One Earth, One Health" approach introduced during India's G20 Presidency in 2023. This approach emphasizes the interconnectedness of individual and planetary well-being, reflecting the Indian philosophy of collective good. The mantra "Sarve Santu Niramaya" ("May all be free from disease"), captures this ethos perfectly, especially in the post-COVID-19 world where the importance of resilient health systems, preventive care, and collective global efforts has never been more evident.

Linking Yoga with the "One Earth, One Health" Approach

By selecting this theme, India conveys a message of global unity in pursuit of health and well-being. Yoga, with its holistic benefits, plays a transformative role in achieving this shared goal, making a decade of IDY observation a perfect occasion to celebrate this commitment. The theme for this year is linked to all the 10 Signature Events.

Yoga Sangam, a grand convergence of yoga practitioners from around the world, embodies the spirit of 'Yoga for One Earth, One Health' through its call for global unity and collective well-being through the timeless practice of yoga. This gathering reflects the shared commitment of diverse communities to harmony, health, and a sustainable future for all.

Yoga Bandhan, brings people together to celebrate the bond that yoga creates among us. It's a gentle reminder that we are all connected—by our breath, our health, and our shared planet. In the spirit of 'Yoga for One Earth, One Health,' it honours the idea that when we move together, breathe together, and care for each other, we create a healthier, more united world.

Yoga Park, community yoga sessions held in public parks will see people coming together and fostering connection, well-being, and a sense of shared purpose. By embracing green spaces, this initiative not only promotes physical and mental health but also encourages environmental consciousness, beautifully reflecting the holistic.

Yoga Samavesh, is designed to take yoga and its benefits closer to special groups. By embracing people from all walks of life, it reflects the spirit of the theme promoting collective well-being through unity, accessibility, and shared practice.

Yoga Prabhav, will reflect the transformative impact of yoga on both personal well-being and broader planetary health. It will illustrate yoga's nurturing the body, mind, and environment, it powerfully supports the theme and its message of holistic, interconnected wellness.

Yoga Connect, a global summit on yoga and health, will bring together voices from around the world to foster dialogue and collaboration. This event reinforces the theme, emphasizing the importance of global unity in achieving collective well-being.

Harit Yoga, sessions will focus on environmental sustainability, highlighting the deep connection between personal well-being and the health of the planet. By integrating mindful movement with eco-conscious practices, they embody the essence of holistic living and support the theme.



Yoga Unplugged, is designed to promote mindfulness and presence, encouraging participants to reconnect with themselves. By focusing on mental health and well-being, these sessions align with the theme and embracing a holistic approach to health in both mind and body.

Yoga Mahakumbh, will be a gathering of yoga enthusiasts coming together for a collective practice, harnessing the power of shared energy and community. This event symbolizes the strength of unity and collective well-being, perfectly aligning with the theme.

Samyoga, the focus of Samyoga is on exploring the translation of yoga evidences in enhancing modern and contemporary healthcare systems. the integration of yoga with other wellness practices promotes a comprehensive approach to health, blending physical, mental, and emotional well-being. This alignment supports the theme, embracing a holistic vision of wellness that nurtures the whole person.



C. Creating a buzz: Initiatives for IDY promotion by the Ministry of Ayush

Following are some of the initiatives being undertaken by MoA to maximize participation in the observance of IDY 2025:

Countdown Events leading up to the International Day of Yoga on 21st June, 2025.

1. **100 Day Countdown Event:** Morarji Desai National Institute of Yoga (MDNIY), Ministry of Ayush, Government of India organized Yoga Mahotsav-2025- a curtain raiser to IDY-2025 on March 13, 2025 at Vigyan Bhawan New Delhi. The event formally marked the beginning of the journey towards the 11th edition of IDY.



2. **75 Day Countdown Event:** The 75th day countdown event took place on 7th April, 2025 in Bhubaneswar. It was held at Odisha Kalinga Stadium and saw enthusiastic participation from over 6,000 individuals. The event was graced by the Hon'ble Minister of State (I/C) Ayush and other senior dignitaries. The event also marked the launch of the Harit Yoga initiative, with the distribution of over 5,000 medicinal plants, promoting wellness and environmental consciousness.



3. **50 Day Countdown Event:** The 50th day countdown event took place in Nashik (Panchvati), Maharashtra, on May 2, 2025. It was witnessed the participation from more than 6,200 people. Hon'ble Minister of State (I/C) Ayush, Shri Prataprao Jadhav had invited citizens to join the event, which featured a mass Common Yoga Protocol (CYP) demonstration from 6:30 AM to 8:00 AM at Gauri Maidan, Ramkund Parisar, Panchavati, in the presence of several dignitaries and yoga enthusiasts. The registration portal for Yoga Sangam was also launched (yoga.ayush.gov.in/yoga-sangam) during the event.



4. **25 Day Countdown Event:** The 25th day countdown event took place on 27th May, 2025 in Pondicherry. It was attended by over 4,000 individuals. The event was graced by the Hon'ble Minister of State (I/C) Ayush, Shri Prataprao Jadhav, Lieutenant Governor of Puducherry, Shri. Thiru. K. Kailashnathan, and Hon'ble Chief Minister of Puducherry Shri Thiru. N. Rangasamy, and other senior dignitaries.



Prime Minister's Awards for Yoga

The Ministry of Ayush (MoA) organizes the Prime Minister's Awards to recognize outstanding contributions to the promotion and development of Yoga. These awards were hosted on the Government of India's MyGov platform <https://innovateindia.mygov.in/pm-yoga-awards-2025/>.

There are two national-level awards for individuals or organizations of Indian origin and two international-level awards for those of Indian or foreign origin. Applicants or nominees must have significant experience and a deep understanding of Yoga. They can either apply directly or be nominated by a recognized Yoga organization. However, each applicant can apply for only one category (either national or international) in a given year.

The nomination process began on 17.02.2025 with the submission deadline being 15.04.2025. The selection follows a structured process led by two committees- the Screening Committee and the Evaluation Committee, both set up by the Ministry of Ayush. These committees review and finalize the award recipients based on specific criteria.

The winners will receive a trophy, a certificate, and a cash prize of INR 25 lakhs. The awards will be presented on the 11th International Day of Yoga (June 21, 2025).



D. How can you participate in the global IDY Movement?

The International Day of Yoga (IDY) is a global celebration of India's rich cultural heritage and the universal benefits of yoga. Individuals and organizations from all sectors are encouraged to actively participate in IDY 2025. Whether you are a citizen, yoga professional, government department, private enterprise, public sector undertaking (PSU), educational institution, or part of civil society—your involvement can make a meaningful impact. The Ministry of Ayush (MoA) looks forward to collaborating with you and facilitating your efforts.

The following initiatives can be undertaken by various stakeholders on International Day of Yoga (IDY) – 21st June 2025, or in the lead-up to the event:

1. Citizens

Yoga is an invaluable ancient Indian practice that promotes both physical and mental well-being. In the aftermath of the COVID-19 pandemic, its benefits—particularly for immunity, stress relief, and overall health—have become even more relevant. Citizens can actively participate in the International Day of Yoga (IDY) 2025 through the following activities:

- **Join the Common Yoga Protocol (CYP) Demonstration:** Participate in the nationwide CYP session on June 21, 2025, at 7:00 AM. You can join a local gathering, watch the national broadcast of the live celebration, or follow a CYP video for guidance (refer to Section F - Digital Resources for Yoga).
- **Participate in IDY events happening around under various tracks:** Participate in IDY events taking place under various thematic tracks such as 'Harit Yoga' (including plantation and cleanliness drives), 'Yoga Unplugged' sessions, and 'Yoga Maha Kumbh', if being organized in your city.
- **Prepare in Advance:** If you are new to Yoga, consider undergoing CYP training before IDY. Training videos are available on the Ministry of Ayush's Yoga Portal (yoga.ayush.gov.in), the MDNIY website (yogamdniy.nic.in), and their social media platforms. These videos will also be aired on TV and radio in the days leading up to IDY.
- **Access Multilingual Resources:** CYP instructional videos are available in multiple languages on YouTube and other digital platforms (see Section F - Digital Resources for Yoga).

2. Yoga Professionals

The International Day of Yoga (IDY) is an opportunity for Yoga professionals to promote the benefits of regular Yoga practice and contribute to a national movement for health and wellness. Here are some ways to actively engage and inspire public participation:

- **Organise Yoga Sangam events at your institutions (yoga.ayush.gov.in/yoga-sangam)**
- **Lead CYP Training Programs:** Organize face-to-face or online training sessions for the public well in advance to ensure they are prepared for IDY on June 21, 2025 (see Section F - Digital Resources for Yoga).
Host Yoga-Related Events: Conduct workshops, online lectures, and interactive sessions with Yoga experts to encourage participation, ideally starting at least three weeks before IDY.
Promote Awareness: Use innovative methods to familiarize people with the Common Yoga Protocol (CYP) and encourage them to adopt Yoga in daily life.
Conduct Online Training Programs: Organize 15-day CYP training sessions (one hour per day) and encourage friends and acquaintances to participate.
Utilize Social Media: Share information about free IDY resources, events, and the Common Yoga Protocol through social media, tagging the Ministry to maximize reach.
- **Engage in Competitions & Awards:** Participate in contests on the MyGov platform.

3. Central Ministries/Departments and State/UT Administrations

IDY 2025 provides an opportunity for Central Ministries, Departments, and State/UT Administrations to promote the long-term health and well-being benefits of Yoga. They can engage individuals and institutions through the following initiatives:

IDY related activities:

- **Organise Yoga Sangam events (yoga.ayush.gov.in/yoga-sangam)**
- **Issue Internal Guidelines:** Circulate official directives outlining the significance of IDY and its observance.
- **Utilize Social Media:** Share IDY updates and resources from MoA's social media platforms (see Section F - Digital Resources for Yoga) on official handles.
- **Website Integration:** Display the IDY logo and upload guidelines and digital resources on official websites.
- **Promote CYP Awareness:** Encourage staff participation in Common Yoga Protocol (CYP) training, utilizing digital and virtual training sessions from Morarji Desai National Institute of Yoga (see Section F).
- **Circulate IDY Resources:** Distribute materials and links to Departments, employees, and partners for wider outreach, encouraging family participation.
- **Organize Yoga Events:** Conduct workshops, lectures, and training sessions with Yoga experts, starting at least three weeks before IDY 2025.
- **Encourage Participation in IDY Competitions:** Motivate employees to engage in contests on the MyGov platform.
- **Distribute Yoga Essentials:** Provide Yoga attire, mats, and other IDY-branded items to employees to encourage participation.
- **Collaborate with NGOs:** Organize CYP workshops in partnership with NGOs and Yoga experts.
- **Plan Long-Term Yoga Initiatives:** Extend Yoga-related activities beyond June 21, 2025, ensuring a sustained impact.

4. Yoga Organizations and NGOs

Yoga Organizations and NGOs, driven by their commitment to wellness, can play a crucial role in making IDY 2025 a national movement. Here are key ways to contribute:

- **Organize a Yoga Sangam** at the organization's premises or a public venue. (yoga.ayush.gov.in/yoga-sangam)
- **Organize other Yoga events** in line with the signature events of IDY 2025.
- **Circulate internal communication** about the significance of IDY 2025, along with details on how members, staff, or volunteers can participate or contribute to the observance
- **Engage Through Social Media:** Disseminate IDY updates using MoA's social media resources (see Section F - Digital Resources for Yoga).
- **Website Integration:** Display the IDY logo and upload guidelines and digital resources on organizational websites.
- **Promote CYP Training:** Conduct 15-day online CYP training programs (one hour daily) and ensure maximum participation.
- **Circulate IDY Resources:** Distribute digital materials and links to employees and partners for wider awareness.
- **Encourage Participation in IDY Activities:** Motivate employees to engage in contests on MyGov (Visit MyGov).
- **Distribute Yoga Essentials:** Provide Yoga attire, mats, and IDY-branded items to staff to encourage practice.
- **Publish IDY-Themed Content:** Feature articles on Yoga and IDY in newsletters, bulletins, or magazines.

5. Private Companies and PSUs

Pprivate companies and PSUs can actively promote the benefits of Yoga among employees and the public through the following initiatives:

- **Organize a Yoga Sangam** at the organization's premises or a public venue. (yoga.ayush.gov.in/yoga-sangam)
- **Organize other Yoga events** in line with the signature events of IDY 2025.
- **Circulate internal communication** about the significance of IDY 2025, along with details on how staff and volunteers can participate or contribute to the observance
- **Maximize Social Media:** Disseminate IDY updates using MoA's social media resources (see Section F - Digital Resources for Yoga).
- **Website Integration:** Display the IDY logo and upload guidelines and digital resources on organizational websites.
- **Promote CYP Training:** Conduct 15-day online CYP training programs (one hour daily) and ensure maximum participation (CYP links in Section F).
- **Circulate IDY Resources:** Distribute digital materials and links to employees and partners for wider awareness.

- Take up the upgradation of public parks as “Yoga Parks” under CSR.
- **Encourage Participation in IDY Activities:** Motivate employees to engage in contests on MyGov.
- **Distribute Yoga Essentials:** Provide Yoga attire, mats, and IDY-branded items to staff to encourage practice.
- **Publish IDY-Themed Content:** Feature articles on Yoga and IDY in newsletters, bulletins, or magazines.
- **Host Online Competitions:** Organize Yoga-themed quizzes, essay contests, and other activities to engage employees and the younger generation.

6. Schools, Colleges, and Universities

Educational institutions can actively promote the benefits of Yoga among students, faculty, and staff through the following initiatives:

- **Organize a Yoga Sangam** at the institution's premises or a public venue. (yoga.ayush.gov.in/yoga-sangam)
- **Organize other Yoga events** in line with the ten signature events of IDY 2025.
- Enroll for Samarpan Volunteering Programme (<https://ayush.yogamdniycertification.com/>)
- **Circulate internal communication** about the significance of IDY 2025, along with details on how volunteers can participate or contribute to the observance.
- **Leverage Social Media** to disseminate IDY related updates on MoA's social media resources (see Section F - Digital Resources for Yoga)
- **Website Integration:** Display the IDY logo and upload guidelines and digital resources on institutional websites.
- **Promote CYP Training:** Conduct 15-day online CYP training programs (one hour daily) and ensure maximum participation.
- **Circulate IDY Resources:** Distribute digital materials and links to departments, employees, and students for wider awareness.
- **Organize Yoga Events:** Host workshops, lectures, and training sessions with Yoga experts, starting at least three weeks before IDY 2025.
- **Encourage Participation in IDY Activities:** Motivate students and staff to engage in contests on MyGov (Visit MyGov).
- **Distribute Yoga Essentials:** Provide Yoga attire, mats, and IDY-branded items to encourage practice.
- **Publish IDY-Themed Content:** Feature articles on Yoga and IDY in newsletters, bulletins, or magazines.
- **Host Online Competitions:** Organize Yoga-themed quizzes, essay contests, and other activities to engage students and faculty.
- **Collaborate with NGOs:** Conduct CYP workshops with Yoga experts and community organizations.
- **Encourage Local Participation:** Adapt activities based on local circumstances to maximize engagement in IDY 2025.



7. Gram Panchayats, Municipal Corporations, Housing Societies, and Other Civil Society Bodies

Local governing bodies and community organizations can promote the benefits of Yoga through the following initiatives:

- **Organise Yoga Sangam events.** (yoga.ayush.gov.in/yoga-sangam)
- **Promote Common Yoga Protocol (CYP):** Conduct 15-day online CYP training sessions (one hour daily) and ensure widespread participation.
- **Disseminate Digital Resources:** Share Yoga-related materials and links (available in Section F) with citizens via WhatsApp groups and other platforms.
- **Organize Yoga Events:** Host workshops, lectures, and training programs led by Yoga experts, starting three weeks before IDY 2025.
- **Encourage Participation in IDY Activities:** Motivate residents to engage in MyGov contests (Visit MyGov).
- **Collaborate with NGOs:** Arrange CYP workshops with Yoga experts and community organizations.
- **Adapt Activities Locally:** Customize initiatives based on local needs to ensure maximum participation in IDY 2025.

E. Auxiliary Initiatives

Mass Demonstration of Surya Namaskar

On January 14, 2025, the Morarji Desai National Institute of Yoga (MDNIY), Ministry of Ayush, organized a mass demonstration of Surya Namaskar at its premises. This vibrant event promoted health and well-being, drawing enthusiastic participation from diverse groups.

In a video message, Shri Prataprao Jadhav, Hon'ble Minister of State (I/C), Ministry of Ayush, highlighted its significance, stating, "Surya Namaskar is an integral part of our heritage, fostering balance, harmony, and well-being. It is a way of expressing gratitude to the Sun, and I encourage everyone to make it a part of their daily routine for a healthier life."

Surya Namaskar integrates asana, pranayama, and meditation, revitalizing both mind and body. Each of its 12 steps, incorporating 8 asanas, is performed with synchronized breathing and movement, enhancing physical strength, concentration, and mental calmness. Ideally practiced at sunrise, it energizes the body and promotes overall well-being.

The event received extensive coverage on social media through the Ministry of Ayush and MDNIY platforms.

100 Days, 100 Cities, and 100 Organizations

From March 13 to June 21, 2025, MDNIY launched a global campaign—100 Days, 100 Cities, 100 Organizations—to celebrate the 10th Anniversary of International Day of Yoga (IDY). The initiative aimed to promote yoga nationwide, encouraging its integration into daily life for improved health and well-being.





F. IT Resources for Yoga

CYP Videos (Hindi, English and 21 Regional Languages)

S. No.	IDY Videos – Common Yoga Protocol	
1	Common Yoga Protocol - Hindi	
2	Common Yoga Protocol- English	
3	Common Yoga Protocol- Manipuri	
4	Common Yoga Protocol-Kannada	
5	Common Yoga Protocol- Sanskrit	
6	Common Yoga Protocol-Marathi	
7	Common Yoga Protocol- Malayalam	



8	Common Yoga Protocol-Bengali	
9	Common Yoga Protocol- Kashmiri	
10	Common Yoga Protocol-Tamil	
11	Common Yoga Protocol-Urdu	
12	Common Yoga Protocol-Telugu	
13	Common Yoga Protocol-Assamese	
14	Common Yoga Protocol-Punjabi	
15	Common Yoga Protocol-Oriya	



16	Common Yoga Protocol-Gujarati	
17	Common Yoga Protocol-Nepali	
18	Common Yoga Protocol-Sindhi	
19	Common Yoga Protocol-Santali	
20	Common Yoga Protocol-Konkani	
21	Common Yoga Protocol-Dogri	
22	Common Yoga Protocol-Bodo	
23	Common Yoga Protocol-Maithili	

Links of MoA and MDNIY Websites, Social Media Platforms, and Institutions

S. No.	Ministry of Ayush/Institutes	Website Links
1.	Ministry of Ayush Website	www.ayush.gov.in
2.	Yoga Portal – Ministry of Ayush	https://yoga.ayush.gov.in/
3.	Ministry of Ayush – YouTube Channel	https://www.youtube.com/channel/UCqRR2gs-I3zrNcE4so4TpgQ
4.	Ministry of Ayush – Facebook Page	https://www.facebook.com/moayush/
5.	Ministry of Ayush – X	https://x.com/moayush
6.	Ministry of Ayush – Instagram	https://www.instagram.com/ministryofayush/
7.	Morarji Desai National Institute of Yoga (MDNIY) - Website	http://www.yogamdniy.nic.in/
8.	MDNIY-YouTube	https://www.youtube.com/@mdniyyoga
9.	MDNIY-Facebook	https://www.facebook.com/mdniyayush
10.	MDNIY- Instagram	https://www.instagram.com/mdniyyoga/
11.	MDNIY- X	https://x.com/mdniy
12.	Central Council for Research in Yoga & Naturopathy (CCRYN)	https://naturopathyday.in/index.php
13.	National Institute of Naturopathy (NIN), Pune	https://punenin.org/

IDY Infographics and Creatives

A consolidated drive has been created where various infographics and creatives are being uploaded regularly. These can be used by the IDY organizers for event publicity on their respective websites and social media platforms. Link to drive <https://drive.google.com/drive/folders/1NYzG4-psVuhivuOB8wNQhnzzebuxi9qY>



H. Appendices (Appendix 1: UN Resolution on IDY)

Resolution adopted by the General Assembly on 11 December 2014 [without reference to a Main Committee (A/69/L.17 and Add.1)] 69/131. International Day of Yoga

The General Assembly,

Recalling its resolutions 66/2 of 19 September 2011 on the Political Declaration of the High-level Meeting of the General Assembly on the Prevention and Control of Non-communicable Diseases and 68/98 of 11 December 2013 on global health and foreign policy,

Reaffirming General Assembly resolutions 53/199 of 15 December 1998 and 61/185 of 20 December 2006 on the proclamation of international years, and Economic and Social Council resolution 1980/67 of 25 July 1980 on international years and anniversaries,

Noting the importance of individuals and populations making healthier choices and following lifestyle patterns that foster good health,

Underscoring the fact that global health is a long-term development objective that requires closer international cooperation through the exchange of best practices aimed at building better individual lifestyles devoid of excesses of all kinds,

Recognizing that Yoga provides a holistic approach to health and well-being, recognizing also that wider dissemination of information about the benefits of practicing Yoga would be beneficial for the health of the world population,

1. Decides to proclaim 21 June as the International Day of Yoga;
2. Invites all Member and observer States, the Organizations of the United Nations system, and other international and regional Organizations, as well as civil Society, including non-governmental Organizations and individuals, to observe the International Day of Yoga, in an appropriate manner and in accordance with national priorities, in order to raise awareness of the benefits of practicing Yoga;
3. Stresses that the cost of all activities that may arise from the implementation of the present resolution should be met from voluntary contributions;
4. Requests the Secretary-General to bring the present resolution to the attention of all Member and observer States and the Organizations of the United Nations system.

The PDF version of this resolution is available on UN's webpage on IDY and can easily be download from here <http://undocs.org/A/RES/69/131>



Appendix 2: DoPT Y Break O.M.

F.No. 11012/2/2014-Welfare
Government of India
Ministry of Personnel, Public Grievances and Pensions
Department of Personnel and Training
Welfare Division

Room No.385, 3rd Floor
Lok Nayak Bhawan, Khan Market, New Delhi
Dated 02nd September, 2021

OFFICE MEMORANDUM

Subject :Introduction of short duration protocol Yoga break (Y-Break) for people at work place -regarding

Ministry of AYUSH informed that they have designed & developed Five Minutes duration Yoga Protocol, named Y-Break for work place by an Expert Committee in the year 2019 and the module was launched in January, 2020 on Pilot Project basis in 6 major Metro cities (Delhi, Mumbai, Chennai, Bangaluru, Hyderabad and Kolkata) with the help of various stakeholders. Feedback of the same was very encouraging.

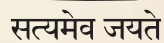
2. Consequent to above success, Ministry of Ayush developed an android based application Y Break and the same was made available recently in Google Play Store for access by public. A campaign was launched to spread awareness of the same to provide access & usage of Y-Break Protocol/App among people at work places with a view to refresh, de-stress and refocuses them with enhanced efficiency and productivity at workplaces.

3. In order to spread awareness about access & usage of Y-Break Protocol/App among workforce for all sectors (Public/Private), all Ministries/Departments of Government of India are requested to promote the usage of Y-Break Protocol among the employees and accordingly issue necessary directions/guidelines for all employees including employees of attached and subordinate offices to download the android based application namely Y-Break from Google Play Store.

2-9-21
(VanitaSood)

Deputy Secretary & Chief Welfare Officer

To
All Ministries/Departments (Through DoPT's website.)



Government of India

