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Government of India
Ministry of Health and Family Welfare
(Department of Health Research)

2nd Floor, IRCS Building
New Delhi-110001
Dated: 21.06.2021

Office Memorandum

Subject: International Day of Yoga (IDY) 2021.

The undersigned is directed to say that in view of the celebration of International Day of Yoga (IDY) 2021 while maintaining COVID appropriate behaviour on 21.06.2021 all officials/ staff of DHR are requested to go through the IDY handbook and also to watch and practice the common yoga protocol (CYP) available on the official YouTube account of the Ministry of Ayush. The link to the handbook and videos are:

https://yoga.ayush.gov.in/public/assets/IDY_ebook.pdf (IDY handbook)

https://www.youtube.com/watch?v=Av5ib_XRKT4 (english version)

<https://www.youtube.com/watch?v=h1OxpsDKpHM> (hindi version)

2. Further, all officials are also requested to participate in other IDY activities such as photo contest hosted on MyGov platform (<https://www.mygov.in/>), etc.

Sd/-

(R. J. Meena)
Under Secretary to the Govt. Of India
Tel.No.- 011-23736217

Encl: As above

To

All Officials/ Staff of DHR