IDY 2021 NEWSLETTER

INTERNATIONAL DAY OF YOGA

16 May to 31 May 2021
Union Ayush Minister KirenRijiju launches 'Sunday Discussion Series' on Yoga and its benefits; a collaborative effort of Ayush Ministry and ASSOCHAM

With just a few weeks to go for the International Day of Yoga (IDY) 2021, through the Ayush Virtual Convention Centre (AVCC), the Ministry of Ayush is organising a series of virtual sessions on Yoga called “Sunday Discussion Series”.

The series is being organised in association with the Associated Chambers of Commerce and Industry of India (ASSOCHAM). It was launched by Shri Kiren Rijiju, Minister of State (Independent Charge) for Youth Affairs and Sports and Minister of Ayush (Additional Charge) on Sunday, May 16, 2021.

AVCC is a first of its kind virtual events platform for the Ayush sector. It handles important virtual events (i.e. Webinars, Conferences, Panel Discussions etc) of the Ayush Ministry.

In the inaugural session, Shri Rijiju said, “The message of ‘Be with Yoga Be at Home’ will be central in the run-up to the upcoming International Day of Yoga-2021. Yoga should be assimilated into daily life, more so as the focus on boosting immunity has grown manifold due to the widespread COVID-19 pandemic.”

Dr. HansajiJayadevaYogendra, Indian Yoga Guru delivered the special address and highlighted the benefits and importance of yoga.

Shri P.N. Ranjit Kumar, Joint Secretary, Ministry of Ayush, Drishwar V Basavaraddi, Director, MDNIY, MrsUpasanaArora, co-chairperson, ASSOCHAM Empowerment Council and others participated in the event.
The second session of a collaborative initiative, ‘Sunday Discussion Series’ by Ayush Virtual Convention Centre (AVCC), Ayush Ministry and ASSOCHAM was organized on May 23, 2021. The theme of the discussion was “Yoga: Essentials for Women’s Health”.

The main speaker of the event was Brahma Kumari Sister B K Shivani, Senior Rajyoga Teacher & International Motivational Speaker, Brahma Kumaris. She highlighted the slogan “AtmaNirbhar Bharat” and said that we all have to be anxiety-free, stress-free and make our own AtmaNirbhar in the context of emotional health and overall health, wherein meditation plays an important role.

Prof. (Dr) K. Satya Lakshmi, Director, National Institute of Naturopathy, ShriVikram Singh, Director, Ministry of Ayush, Dr. Blossom Kochhar, Chairperson Aroma Magic, Co-Chair ASSOCHAM and many others have also participated. The different aspects of women’s health emerged in the discussions.
Ayush Ministry and eminent Yoga Institutes conduct a series of webinars, promoting the message “Be With Yoga, Be At Home”

In the run up to the International Day of Yoga (IDY) 2021, the Ministry of Ayush in association with some of the well-known Yoga Institutes of the country organised a series of weekly webinars from 24 May 2021. The main theme of the series was “Be With Yoga, Be At Home”.

Renowned Yoga institutions, namely, The Art of Living, Bengaluru, The Yoga Institute, Mumbai, Kaivalyadhama Yoga Institute, Lonavala, ArhamDhyanYog, Madhya Pradesh, Krishnamacharya Yoga Mandiram, Chennai and MDNIY, New Delhi collaborated to make this series a reality.

The first webinar in the series was conducted on 24 May 2021. It was facilitated by The Art of Living on the topic “Finding inner strength amidst outer crisis”.

Swami PurnachaitanyaJi, International Faculty, the Art of Living shared valuable thoughts and insights through the webinar. Dr. Ishwar V. Basavaraddi, Director, MDNIY spoke on the occasion.

The second webinar was organised by the Yoga Institute, Mumbai on 25 May 2021. The topic of the event was “Yoga for Emotional and Mental Health” and Ms. ShashiSardaJi, Sadhaka, the Yoga Institute, shared her insights.

The Kaivalyadhama Yoga Institute and Research presented the third webinar on “Science and Practice of ShuddhiKriya” on 26 May 2021. The main speaker of the event was ShriVivekTiwari, YogAcharya, Kaivalyadhama Yoga Institute.

The Om Arham Social Welfare Foundation organised the fourth of a series of webinars on “Activation - Asana and Mudra” on 27 May 2021. The main speaker of the event was ShriChinamayKiyawat, Founder and Chairman, Om Arham Social Welfare Foundation.

The Krishnamacharya Yoga Mandiram presented the last webinar on “Introduction to Mantra in Yoga” on 28 May 2021. Shri S Sridharan, Trustee, Yoga Therapist Consultant and Mentor, Krishnamacharya Yoga Mandiram shared his knowledge during the session.

All the webinars were live-streamed on the YouTube and Facebook social media handles of the Ministry of Ayush (https://www.facebook.com/moayush/).
Ayush Ministry announces a Jingle contest, cash prize awaits winner

In the run-up to the International Day of Yoga 2021, the Ministry of Ayush announced a Jingle Contest. It aims to encourage people to participate in the broader spirit of the observance of IDY 2021 from the safety of their homes.

The participants of the contest need to create a script and a jingle of 25-30 seconds duration in any official Indian language as mentioned in the Eighth Schedule of the Indian constitution. English and other UN languages are also accepted.

The Jingle should endeavour to drive awareness and adoption of Yoga by people of all ages. It should highlight the cause of Yoga to serve as a tool in the betterment of the health and wellbeing of the community, especially improving physical and mental health.

The last date of submission is 21 June 2021. A cash prize of INR 25,000 will be given to one winning entry. Visit the following link for more details and terms & condition https://www.mygov.in/.../international-day-yoga-2021-jingle-.../

National Institute of Ayurveda organises a virtual lecture on “Yoga for COVID-19 Relief”

A few weeks before the 7th International Yoga Day (IDY) 2021, the Department of Swasthavritta and Yoga, National Institute of Ayurveda, Jaipur, working under the Ayush Ministry organized a virtual lecture on 24 May 2021. The topic of the lecture was “Yoga for COVID-19 Relief” and Vice-Chancellor Prof. Sanjeev Sharma, NIA Jaipur supervised the event.

A total of 670 participants from various states including all the departments of NIA were registered and 590 participants out of total registration participated in the event.

Dr Durgawati, HOD Swasthavritta & Yoga Department addressed the virtual gathering and opined that Yoga’s incorporation of meditation & breathing helps in improving overall well-being. The main speaker of the event was Yogaacharya Dhakaram Sapkota, founder of Yoga Peace Studio & Ekam Yoga Academy, Rajasthan. He emphasized the importance of Yoga in combating COVID-19 through a strong body & mind. It was an interactive session where the speaker answered queries raised by the participants.
Yoga and Naturopathy Interventions for COVID 19, Tamil Nadu

The Directorate of Indian Medicine and Homeopathy, Chennai provided interventions based on Yoga & Naturopathy systems to COVID patients and frontline health workers and caregivers across the state of Tamil Nadu. Dr. Manavalan, Joint Director, (Yoga & Naturopathy) effected over-all coordination of the activity.

Ayush Ministry, NIN Pune and Outreach Bureau jointly organise a lecture on 'Yoga for IT Professionals'

The Ayush Ministry, the National Institute of Naturopathy (NIN), Pune and the Regional Outreach Bureau, Maharashtra & Goa jointly organised a virtual lecture on the topic 'Yoga for IT Professionals' on 29 May 2021. The speaker of the event was Dr. Dwarak Nath, B.N.Y.S, Chief Consultant & Co-founder Tapasya Mitra.

He said globalization and favourable government policies have given a boost to the industry. However, IT and IT-related professionals are under constant pressure to deliver services efficiently. So IT professionals have developed many health problems due to the continuous physical and mental stress of their work.

He suggested that Pranayama would help even in the shortest and quickest time and also spoke about a short protocol of practising yoga for 20 minutes every day (initial phase for 21 days). It was an interactive session where the speaker answered queries raised by the participants.
“Yoga for Unity and Well-being” Campaign: Ayush Ministry joins hand with leading Yoga institutions to bring benefits of Yoga to the public

As part of an ongoing collaborative campaign “Yoga for Unity and Well-being”, different Yoga institutions organised various virtual events up to the International Day of Yoga 2021 from 17 May to 23 May 2021 and further from 24 May to 30 May 2021. This unique initiative is supported by the Ministry of Ayush.

Leading Yoga institutions of India have come together in this campaign to bring the benefits and goodness of Yoga to the public especially in the COVID-19 crisis. The virtual sessions include meditation, knowledge sessions, practice sessions as well as a special guest session with Swami Swaroopananda. The sessions were live-streamed on Yoga for Unity and Well-being's YouTube channel.

Regional Research Institute of Unani Medicine conducts a practical class on 'Management of Lifestyle Disorders Through Yoga'

The Regional Research Institute of Unani Medicine, Srinagar, an autonomous body working under the Ayush Ministry organized a lecture cum practical class on the 'Management of Lifestyle Disorders through Yoga' on 29 May 2021. Shri Tahir, a Yoga Instructor, demonstrated various asanas which are helpful in the management of lifestyle disorders. The classes were held in a COVID-19 compliant way.
Alvas College of Naturopathy College of Naturopathy & Yogic Sciences conducts Yoga therapy session at COVID-19 isolation centre

Since the outbreak of novel coronavirus, the Alvas College of Naturopathy & Yogic Sciences, Karnataka has been conducting Yoga therapy sessions at the COVID-19 isolation centres and for college students in Vidyagiri, Moodabidri.

The college has adopted an integrative approach towards prevention & management of COVID-19 and is providing teleconsultation and diet advice to home isolated patients within the Dakshina Kannada district. They also organised Common Yoga Protocol (CYP) training sessions for the public.

Did you participate in Yoga Survey on MyGov.in?

Yoga Survey, one among many activities being organised by the Ministry of Ayush to promote the observance of IDY 2021 from the safety of your home. It is organised to understand the people’s perception and habits related to the practice of Yoga. It aims to get a better insight into people’s understanding of Yoga and awareness about IDY and its observance. The last day to take part in the survey is 21 June 2021, 11.45 PM.

Visit the following link to participate in the survey: https://www.mygov.in/my.../international-day-yoga-2021-survey/

Rashtriya Ayurveda Vidyapeeth (RAV) organises a webinar series on “Exploring the facts – Role of Yoga in Management of Covid-19”


Dr Raghavendra Rao M, Director, CCRYN, New Delhi shared his insights on Yogic research experiences in the prevention & management of Covid-19 during the event. The purpose of this webinar was to disseminate the authentic information, scientific validity and therapeutic benefits of Ayush medicines/ therapies in Covid-19 management among the masses.

It was live-streamed on the Facebook Page of RAV (https://www.facebook.com/Rashtriya-Ayurveda-Vidyapeeth-521501698047065/)

Participate in Yoga Quiz Competition on MyGov.in and get an e-certificate

The Ministry of Ayush is running a Quiz Competition on the MyGov platform. The competition is open for participation till 21 June 2021 and aims to test participants’ knowledge of Yoga, previous IDY observances and various initiatives being undertaken by the Ministry this year. The quiz will consist of 10 questions to be answered within a span of 450 seconds. On successful completion, the participant will be awarded an e-certificate.

Visit the link to play the quiz and for more details: https://quiz.mygov.in/.../international-day-of-yoga-2021-quiz/

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