

Lakshadweep Waking up to IDY-2019

The pristine islands of Lakshadweep instantly inspire one to embrace nature and everything natural. Quite expectedly, they form wonderful backdrops for the learning and practice of Yoga.

Every year since 2015, IDY has been welcomed in Lakshadweep with various activities related to Yoga. The National AYUSH Mission, Union Territory of Lakshadweep at Kavaratti has been successfully striving to give a central direction to these activities, and to mobilise increasing public participation year on year.

For observing the 5th International Day of Yoga, mass Yoga demonstrations would be the main activity. Participation of youth, school students and general public is expected in large numbers in this, and the NAM unit is already active in the preparations. Advance activities to mark the day will begin with a 5 day Trainers Training Programme on Common Yoga Protocol (CYP) to prepare trainers for IDY 2019. As part of the IDY observation, the Department of AYUSH, Kavaratti plans to conduct an awareness programme in order to inform the students and public about the benefits and therapeutic value of Yoga. Schools of all the islands would be specially focused in this effort.

Activities on 21st June would include cycle rally for youth, seminars, workshops, musical chair and cultural programmes on Yoga. The mass Yoga demonstration based on CYP will be held from 7 a.m. to 8 a.m. for everyone to attend. Banners, posters and other publicity efforts will add to the atmosphere of enthusiasm. The activities have been planned keeping everyone in mind - from school students to youth, and from the elderly to the uniformed personnel.