AYUSH Ministry gears up for International Day of Yoga 2020 with the “Yoga at Home, Yoga with Family” campaign

Context

- In context of the current COVID-19 pandemic situation, slowdown in daily activities and restrictions on the movement of people, this year’s observance of International Day of Yoga will aim to highlight the health-building and stress-relieving aspects of Yoga.
- To facilitate this, the Ministry of AYUSH is organising a trainer-led session which will be telecasted on Doordarshan on 21st June at 6:30AM for people to follow and practice in solidarity.

Yoga at home

- In the new scenario, the trend that has emerged for observation of IDY is to focus on its health-rewards and to do Yoga at home on Yoga Day. The Ministry of AYUSH is supporting this trend by promoting the theme “Yoga at Home, Yoga with Family” in its IDY activities.
- Every year, the 21st of June is celebrated worldwide as the International Day of Yoga (IDY).
- The public has embraced this event in the previous years, adopting it as a celebration of India’s culture and tradition.
- Today the whole world is worried and gloomy about the Covid-19 pandemic. Yoga is especially relevant now, since its practice leads to both physical and mental wellbeing.
- Of particular importance in these difficult times are the following two proven benefits which the public can gain from Yoga:
  1. Positive impact on general health and immunity enhancement, and
  2. Its globally accepted role as a stress buster.

- The 45-minute Common Yoga Protocol (CYP) is one of the most popular Yoga programmes across the world and has been at the heart of the IDY since the beginning.
- It was developed by a team of leading Yoga gurus and experts, and includes safe practices to improve physical, mental, emotional and spiritual health of the population, which can be practiced at home on a daily basis.
- It is designed to be easily adoptable by the majority of the people irrespective of their age and gender and can be learnt through simple training sessions and online classes.

Common Yoga Protocol

- The Ministry of AYUSH is encouraging the people to learn the Common Yoga Protocol using the resources made publicly available by the Ministry on the Yoga Portal, its social media handles and the television.
- Prasar Bharati has initiated the daily telecast of the Common Yoga Protocol on DD Bharati from 08:00 a.m. to 08:30 a.m., from the 11th of June 2020.
- The International Naturopathy Organisation (INO), an NGO that works for promotion of Naturopathy and Yoga, has set a programme in motion to encourage its 25 lakh members to perform Yoga harmoniously based on CYP, from their houses.