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स्वास्थ्य अनुसंधान विभाग, स्वास्थ्य एवं परिवार
कल्याण मंत्रालय, भारत सरकार

Indian Council of Medical Research
Department of Health Research, Ministry of Health
and Family Welfare, Government of India

No.18/2/2022-Admn.

Dated: 04.05.2022.

To,

The Directors/Directors-in-Charge
all Institutes/Centres of ICMR.

Subject: 8th International Day of Yoga (IDY), 2022.

Sir/Madam,

I am directed to refer a copy of mail, dated 02.05.2022 received from Assistant Director, Department of Health Research, Ministry of Health & Family Welfare, New Delhi alongwith attachment on the subject cited above for information and necessary action.

Yours faithfully,

415722

(Jagdish Rajesh)

Assistant Director General (Admn.)

Encl: As above

Copy to:-

1. PS to DG/ Addl. DG/ Sr. DDG (A)/ Sr. FA
2. All Divisional Heads
3. DDG(A)/ADG(A) /ADG(F)
4. Dr. L.K.Sharma, Scientist 'E' – soft copy of the same has been mailed at your email ID(sharma.lk@icmr.gov.in) for website upload

Fwd: 8th International Yoga Day.

1 message

SAFAL CHETRI CHETRI <chetri.s@icmr.gov.in>
To: admn2355 <admn2355@gmail.com>

Mon, May 2, 2022 at 9:22 AM

From: "MOHITA SAXENA" <mohita.saxena@gov.in>
To: "Vinod Kumar" <vinod.kumar27@nic.in>, "Daulat Ram Meena" <daulat.meena@gov.in>, "Aruna Sen" <aruna.sen@gov.in>, "SAFAL CHETRI CHETRI" <chetri.s@icmr.gov.in>, "rajnikant srivastava" <rajnikant.srivastava@gmail.com>, "R Lakshminarayanan" <lakshminarayanan.r@icmr.gov.in>
Sent: Friday, April 29, 2022 4:59:57 PM
Subject: Fwd: 8th International Yoga Day.

Madam/Sir,

Please see attachment on the above noted subject for informatrion and necessary action.

Regards

Mohita Saxena
Assistant Director
DHR, MoHFW

From: "S N JASRA" <sn.jasra38@nic.in>
To: "MOHITA SAXENA" <mohita.saxena@gov.in>
Sent: Friday, April 29, 2022 2:46:03 PM
Subject: Fwd: 8th International Yoga Day.

Pl circulate.

From: "geetan" <geetan@nic.in>
To: "S N JASRA" <sn.jasra38@nic.in>
Sent: Friday, April 29, 2022 12:37:17 PM
Subject: Fwd: 8th International Yoga Day.

From: "Anu Nagar" <anu.nagar1@gov.in>
To: "geetan" <geetan@nic.in>, "rajnikant srivastava" <rajnikant.srivastava@gmail.com>, "Aruna Sen" <aruna.sen@gov.in>
Sent: Thursday, April 28, 2022 7:34:09 PM
Subject: Fwd: 8th International Yoga Day.

Sent from my iPhone

Begin forwarded message:

D.No.176 Admn
2/5/2022

Ms. Shalu
Shuk
257

From: Mrs Padmaja Singh <padmaja.singh@nic.in>
Date: 28 April 2022 at 19:07:56 IST
To: "Prof (Dr) Atul Goel" <dghs@nic.in>, Secretary DHR <secy-dg@icmr.gov.in>, Vishal Chauhan Joint Secretary Policy MoHFW <js.policy-mohfw@gov.in>, Mr Lav Agarwal <alav@ias.nic.in>, "Ms. V Hekali Zhimomi" <zhimomiv@ias.nic.in>, Mr Nilambuj Sharan <nilambuj.sharan@nic.in>, "Dr. (Mr.) P. Ashok Babu" <Jsrch-mohfw@gov.in>, Vandana Jain <vandana.jain@nic.in>, "Dr(Mr) Harmeet Singh" <hs.grewal@nic.in>, "Dr(Mr) Dr Mandeep Kumar Bhandari" <mandeep@ias.nic.in>, Ms Gayatri Mishra

<g.mishra@nic.in>, Dr Kavitha Gotru <cca-mohfw@nic.in>, Indrani Kaushal <indrani.k@nic.in>, P Manoj Kumar Director <pm.kumar@nic.in>, Anu Nagar <anu.nagar1@gov.in>
Cc: Shri Alok Saxena <dgooffice.naco@nic.in>, "Office of Dr. Manohar Agnani" <as-agnani@gov.in>, Mr Vikas Sheel <sheelv@nic.in>, ROLI SINGH <roli.singh@ias.nic.in>, arohipatel2021@gmail.com, Patel Arohi Mukeshbhai <arohiben.patel@gov.in>, anukampa_msw@msn.com
Subject: 8th International Yoga Day.

Madam/Sir,

Ministry of Ayush is celebrating of 8th International Day of Yoga on 21st June, 2022. As per discussions in Group of Ministers and Inter Ministerial Committee meetings it has been decided to carry out **countdown activities** and allot each Ministry a designated date before June, 21st to practice Common Yoga Protocol (CYP) in the morning and also to conduct other Yoga related activities.

2. Ministry of Health has been allotted 4.5.2022 and 16.06.2022 and all the employees and family members of the employees of the Ministry/Department/Attached/Subordinate Offices/Autonomous Bodies/PSUs, and other peripheral units **are required to practice the common yoga protocol on the assigned date, along with other yoga related activities which are to be continued till 21st June, 2022.**

3. Programmes which can be conducted by the Ministries related to count-down Yoga Programme of IDY - 2022

1. Common Yoga Protocol practice (CYP)
2. Yoga Break (Y-Break) practice
3. Lectures on Yoga by Experts
4. Yoga Workshops
5. Yoga Demonstration
6. Yoga related competitions
7. Any other related promotional activities

4. The following may kindly be noted in this regard:

(a) The **Hindi version** of CYP can be found in the url https://www.youtube.com/watch?v=wgjz_LyNLRw and **English version** can be found in the url <https://www.youtube.com/watch?v=K-GJh9GeOxE> .

(b) Kindly arrange to send the pictures/ videos of the practice to email id pmu-ayush@gov.in and directormdniy@yahoo.com, anukampa_msw@msn.com for record.

(c) For technical assistance, kindly contact **Dr. Ishwar V. Basavaraddi, Director Morarji Desai National Institute of Yoga (MDNIY), Ministry of Ayush at 011-23711657, 9810800289, email: directormdniy@yahoo.com**

5. We look forward to your active support in promoting Yoga at global level for the health and well-being of the people and also to make it a mass movement as desired by Hon'ble Prime Minister.

Regards,

Padmaja Singh
Joint Secretary (SNA,VI,MT)
Ministry of Health and Family Welfare
Government of India
Nirman Bhawan
New Delhi
Tel-23061656





 **Yoga Program 270402022.pdf**
3120K

Email

Dr Mansukh Mandaviya

Ministry related to count-down Yoga Program of IDY – 2022 - URGENT

From : Shri Sarbananda Sonowal <minister-ayush@nic.in> Fri, Apr 08, 2022 07:44 PM
Subject : Ministry related to count-down Yoga Program of IDY – 2022 - URGENT 2 attachments
To : Dr Mansukh Mandaviya <india-cfm@gov.in>, Dr Mansukh Mandaviya <india-hfm@gov.in>
Cc : Vaibhav Bajaj <vaibhav.bajaj@gov.in>, Anil Radadiya <anil.radadiya@gov.in>

Respected Dr.Mansukh Mandaviya ji,

As you are aware, at the initiative of Hon'ble Prime Minister Shri Narendra Modi, the United Nations General Assembly took a historic decision in 2014 to declare 21st June as the International Day of Yoga (IDY). This world wide acceptance of Yoga is a matter of pride for our country, as Yoga is an integral part of our cultural and spiritual heritage. Every year, the IDY observation begins with a Mass Yoga Demonstration in the morning, which is led by Hon'ble Prime Minister himself, followed by other Yoga related activities.

2. Ministry of Ayush - being the Nodal Ministry for observation of the IDY, has planned several programs as countdown to IDY-2022. The preparations for IDY-2022 are already underway. As the upcoming 8th IDY is falling in Azadi Ka Amrit Mahotsav year, this Ministry has planned a series of diverse activities and programs with the support of key stakeholders like your esteemed Ministry. This year, the IDY observation will be focused on India Branding and its globalization with extensive promotions across the boundaries through all possible platforms - print, digital, social media etc. Various activities such as pledge, competition, quizzes, video contest etc. for participation of general public will be organized on MyGov platform.

3. The Ministry has launched a first such mass participative program- 100 days, 100 cities and 100 organizations on 13th March, 2022 will continue till 21st June, 2022 across the globe, which is being organized in a campaign mode, and is gaining momentum.

4. Further, starting from 7th April, 2022, which is also the World Health Day and 75th day of the countdown to IDY -2022, Ministry of Ayush is planning for more aggressive campaign for IDY-2022. During the discussion in the Group of Ministers and Inter-Ministerial Committee meetings, it was decided to allot each Ministry/ Department a designated date before June 21

to practice Common Yoga Protocol (CYP) in the morning and also to conduct other Yoga related activities. You are requested to kindly lead this program from the front and all IDY related program . The detail of the programs which can be planned by the Ministry is enclosed herewith for ready reference (Annexure -1). It is also requested to organize these programs with large number of participants in all the Departments, Autonomous Bodies, PSUs, Subordinate Offices and other peripheral units of your Ministry. Being one of the pioneer influencers of the society, such an initiative will help in taking the message of IDY and Yoga to more and more people. This can also help government employees to lead a healthy life, become productive and lead the massive Yoga demonstrations being organized on 21st June 2022.

5. Therefore, it is humbly requested that all the employees and the family members of the employees of the Ministry/ Department/ Attached/ Subordinate Offices/ PSUs/ Autonomous Bodies, Organization may practice the CYP together on the assigned date, along with other Yoga related activities to be continued till 21st June, 2022. The Hindi version of CYP can be found in the url https://www.youtube.com/watch?v=wqjz_LyNLRw and English version can be found in the url <https://www.youtube.com/watch?v=K-GJh9GeOxE>. It is also requested to send the pictures/ videos of the practice to the email id pmu-ayush@gov.in and directormdny@yahoo.com for consolidation and record purposes.

6. For any technical assistance, you may kindly contact Dr. Ishwar V. Basavaraddi, Director Morarji Desai National Institute of Yoga (MDNIY), Ministry of Ayush at 011-23711657, 9810800289, email: directormdny@yahoo.com

7. Looking forward to have a memorable program and support from your esteemed Ministry in promoting Yoga at global level for the health and wellbeing of the people and also to make it a mass movement as desired by Hon'ble Prime Minister.

With kind regards,

Sarbananda Sonowal

— **Annexure - II.docx**
32 KB

— **Annexure - I.docx**
11 KB

**Programmes which can be conducted by the Ministries related to
count-down Yoga Programme of IDY – 2022**

1. Common Yoga Protocol practice
2. Yoga Break (Y-Break) practice
3. Lectures on Yoga by Experts
4. Yoga Workshops
5. Yoga Demonstration
6. Yoga related competitions
7. Any other related promotional activities

INTERNATIONAL DAY OF YOGA -2022

ALLOTMENT OF DATES FOR MINISTRIES/ DEPARTMENTS FOR CONDUCTING YOGA PROGRAMMES AS COUNT-DOWN TO INTERNATIONAL DAY OF YOGA -2022 (7th to 21st June, 2022)

LIST OF COUNCIL OF MINISTERS

| S. No | Date | Day | Ministries | Name | |
|-------|-------------------------------|---------------|---|-----------------------------------|--|
| 1. | 17-05-2022 & 29-05-2022 | 35 & 23 | Minister of Defence | Shri Raj Nath Singh | Shri Ajay Bhatt |
| 2. | 18-05-2022 & 30-05-2022 | 34 & 22 | Minister of Home Affairs | Shri Amit Shah | Shri Nityanand Rai Shri Ajay Kumar Shri Nisith Pramanik |
| 3. | 19-05-2022 | 33 | Minister of Cooperation | Shri Amit Shah | Shri Ajay Kumar |
| 4. | 20-05-2022 & 03-06-2022 | 32 & 18 | Minister of Road Transport and Highways | Shri Nitin Jairam Gadkari | General (Retd.) V. K. Singh |
| 5. | 21-05-2022 & 04-06-2022 | 31 & 17 | Minister of Finance | Smt. Nirmala Sitharaman | Dr. Bhagwat Kishanrao Karad Shri Pankaj Chaudhary |
| 6. | 22-05-2022 & 05-06-2022 | 30 & 16 | Minister of Corporate Affairs | Smt. Nirmala Sitharaman | Sh. Rao Inderjit Singh |
| 7. | 23-05-2022 & 06-06-2022 | 29 & 15 | Minister of Agriculture and Farmers Welfare | Shri Narendra Singh Tomar | Shri Kailash Choudhary Sushri Shobha Karandlaje |
| 8 | 24-05-2022 & 07-06-2022 | 28 & 14 | Minister of External Affairs | Dr. Subrahmanyam Jaishankar | Dr. Rajkumar Ranjan Singh Shri V. Muraleedharan Smt. Meenakashi Lekhi |
| 9. | 25-05-2022 | 27 | Minister of Tribal Affairs | Shri Arjun Munda | Shri Bishweswar Tudu Smt. Renuka Singh Saruta |

| | | | | | |
|-----|-------------------------|---------|--|-------------------------|-------------------------------|
| 10. | 08-06-2022 | 13 | Minister of Women and Child Development | Smt. Smriti ZubinIrani | Dr. Munjapara Mahendrabhai |
| 11 | 09-04-2022 & 09-06-2022 | 73 | Minister of Commerce and Industry | Shri Piyush Goyal | Shri SomParkash |
| | | 12 | | | Smt. Anupriya Singh Patel |
| 12 | 10-04-2022 & 10-06-2022 | 72 | Minister of Consumer Affairs, Food and Public Distribution | Shri Piyush Goyal | Sadhvi Niranjan Jyoti |
| | | 11 | | | Shri Ashwini Kumar Choubey |
| 13 | 11-04-2022 | 71 | Minister of Textiles | Shri Piyush Goyal | Smt. Darshana Vikram Jardosh |
| 14 | 12-04-2022 & 11-06-2022 | 70 & 10 | Minister of Education | Shri Dharmendra Pradhan | Dr. Rajkumar Ranjan Singh |
| | | | | | Dr. Subhas Sarkar |
| | | | | | Smt. Annpurna Devi |
| 15 | 13-04-2022 | 69 | Minister of Skill Development and Entrepreneurship | Shri Dharmendra Pradhan | Shri Rajeev Chandrasekhar |
| 16. | 14-04-2022 | 68 | Minister of Parliamentary Affairs | Shri Pralhad Joshi | Shri Arjun Ram Meghwal |
| 17 | 15-04-2022 | 67 | Minister of Coal | Shri Pralhad Joshi | Shri Danve Raosaheb Dadarao |
| 18. | 16-04-2022 | 66 | Minister of Mines | Shri Pralhad Joshi | Shri Danve Raosaheb Dadarao |
| 19. | 17-04-2022 | 65 | Minister of Micro, Small and Medium Enterprises | Shri Narayan Tatu Rane | Shri Bhanu Pratap Singh Verma |
| 20 | 18-04-2022 & 12-06-2022 | 64 | Minister of Ports, Shipping and Waterways; and | Shri Sarbananda Sonowal | Shri Shantanu Thakur |
| | | 09 | | | Shri Shripad Yesso Naik |
| 21 | 07-04-2022 & 08.04.2022 | 75 & 74 | Minister of Ayush | Shri Sarbananda Sonowal | Dr. Munjapara Mahendrabhai |

| | | | | | |
|-----|-------------------------------|---------------|---|----------------------------------|---------------------------------|
| 22 | 19-04-2022 & 13-06-2022 | 63 & 08 | Minister of Social Justice and Empowerment | Dr. Virendra Kumar | Sushri Pratima Bhoumik |
| | | | | | Shri Ramdas Athawale |
| | | | | | Shri A. Narayana swamy |
| 23 | 20-04-2022 & 14-06-2022 | 62 & 7 | Minister of Rural Development | Shri Giriraj Singh | SadhviNiranjan Jyoti |
| | | | | | Shri Faggansingh Kulaste |
| 24 | 21-04-2022 | 61 | Minister of Panchayati Raj | Shri Giriraj Singh | Shri Kapil MoreshwarPatil |
| 25 | 22-04-2022 | 60 | Minister of Civil Aviation | Shri Jyotiraditya M. Scindia | General (Retd.) V. K. Singh |
| 26 | 23-04-2022 | 59 | Minister of Steel | Shri Ramchandra Prasad Singh | Shri Faggan singh Kulaste |
| 27 | 24-04-2022 & 15-06-2022 | 58 & 06 | Minister of Railways | Shri Ashwini Vaishnaw | Smt. Darshana Vikram Jardosh |
| | | | | | Shri Danve Raosaheb Dadarao |
| 28 | 25-04-2022 | 57 | Minister of Communications | Shri Ashwini Vaishnaw | Shri Devusinh Chauhan |
| 29. | 26-04-2022 | 56 | Minister of Electronics and Information Technology | Shri Ashwini Vaishnaw | Shri Rajeev Chandrasekhar |
| 30 | 27-04-2022 | 55 | Minister of Food Processing Industries | Shri PashuPati Kumar Paras | Shri Prahalad Singh Patel |
| 31 | 28-04-2022 | 54 | Minister of Jal Shakti | Shri Gajendra Singh Shekhawat | Shri Bishweswar Tudu |
| | | | | | Shri Prahalad Singh Patel |
| 32 | 29-04-2022 | 53 | Minister of Law and Justice | Shri KirenRijiju | Prof. S. P. Singh Baghel |
| 33 | 30-04-2022 | 52 | Minister of Power | Shri Raj Kumar Singh | Shri Krishan Pal Gurjar |
| 34. | 01-05-2022 | 51 | Minister of New and Renewable Energy | Shri Raj Kumar Singh | Shri Bhagwanth Khuba |
| 35 | 02-05-2022 | 50 | Minister of Petroleum and Natural Gas | Shri Hardeep Singh Puri | Shri RameswarTeli |
| 36 | 03-05-2022 | 49 | Minister of Housing and Urban Affairs | Shri Hardeep Singh Puri | Shri Kaushal Kishore |

| | | | | | |
|----|-------------------------------|---------------|--|-----------------------------|---|
| 37 | 04-05-2022 & 16-06-2022 | 48 & 05 | Minister of Health and Family Welfare | Dr. Mansukh Mandaviya | Dr. Bharati Pravin Pawar |
| 38 | 05-05-2022 | 47 | Minister of Chemicals and Fertilizers | Dr. Mansukh Mandaviya | Shri Bhagwanth Khuba |
| 39 | 06-05-2022 | 46 | Minister of Environment, Forest and Climate Change | Shri Bhupender Yadav | Shri Ashwini Kumar Choubey |
| 40 | 07-05-2022 | 45 | Minister of Labour and Employment | Shri Bhupender Yadav | Shri Rameswar Teli |
| 41 | 08-05-2022 | 44 | Minister of Heavy Industries | Dr. Mahendra Nath Pandey | Shri Krishan Pal Gurjar |
| 42 | 09-05-2022 & 17-06-2022 | 43 & 04 | Minister of Fisheries, Animal Husbandry and Dairying | Shri Parshottam Rupala | Dr. L. Murugan Dr. Sanjeev Kumar Balyan |
| 43 | 10-05-2022 & 18-06-2022 | 42 & 03 | Minister of Culture | Shri G. Kishan Reddy | Shri B. L. Verma |
| | | | | | Smt. Meenakashi Lekhi |
| | | | | | Shri Arjun Ram Meghwal |
| 44 | 11-05-2022 & 19-06-2022 | 41 & 02 | Minister of Tourism | Shri G. Kishan Reddy | Shri Kaushal Kishore |
| | | | | | Shri Shripad Yesso Naik |
| 45 | 12-05-2022 | 40 | Minister of Development of North Eastern Region | Shri G. Kishan Reddy | Shri B. L. Verma |
| 46 | 13-05-2022 | 39 | Minister of Information and Broadcasting | Shri Anurag Singh Thakur | Dr. L. Murugan |
| 47 | 14-05-2022 & 20-06-2022 | 38 & 01 | Minister of Youth Affairs and Sports | Shri Anurag Singh Thakur | Shri Nisith Pramanik |

MINISTERS OF STATE (INDEPENDENT CHARGE)

| S.No | Date | Day | Ministries | Name |
|-------------|-------------|------------|---|--------------------|
| 1. | 15-05-2022 | 37 | Ministry of Statistics and Programme Implementation | Rao Inderjit Singh |
| 2 | 26-05-2022 | 26 | Ministry of Planning | Rao Inderjit Singh |
| 3 | 01-06-2022 | 20 | Ministry of Corporate Affairs | Rao Inderjit Singh |
| 4. | 16-05-2022 | 36 | Ministry of Science and Technology | Dr. Jitendra Singh |
| 5 | 27-05-2022 | 25 | Ministry of Earth Sciences | Dr. Jitendra Singh |
| 6 | 21.06.2022 | 00 | Minister of State in the Prime Minister's Office | Dr. Jitendra Singh |
| 7 | 28-05-2022 | 24 | Ministry of Personnel, Public Grievances and Pensions | Dr. Jitendra Singh |
| 8 | 31-05-2022 | 21 | Minister of State in the Department of Atomic Energy | Dr. Jitendra Singh |
| 9 | 02-06-2022 | 19 | Minister of State in the Department of Space | Dr. Jitendra Singh |