



The IDY Handbook

Reference for organisers of promotional activities for International Day of Yoga (IDY)- 2021

(For internal circulation only)



सत्यमेव जयते

Ministry of AYUSH
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Preface

21st June was recognised as the International Day of Yoga (IDY) by the United Nations General Assembly (UNGA) in December 2014 at the initiative of the Prime Minister Shri Narendra Modi. The IDY Resolution (Appendix I in Section H) moved by India secured unanimous consent, which was a record in itself. Since 2015, the IDY has been an occasion which is observed around the world with great enthusiasm and fervour.

The observance of the Day is not tokenistic but serves the purpose of highlighting the immense potential of Yoga to enhance the physical, psychological and emotional aspects of wellbeing. IDY over the years has not only boosted Yoga's popularity, but also expanded its geographical presence by inspiring its adoption in several new territories. The event has also triggered new advances within the field of Yoga, such as development of universal Yoga protocols for people of all ages, development of specific protocols addressing lifestyle diseases, and research in developing Yoga as a potentially productivity enhancing tool.

In India, the Ministry of Ayush (MoA) (<https://ayush.gov.in>) plays a nodal role every year in the mobilisation of efforts for the observance of this Day, however, the endeavour to drive awareness and adoption of Yoga worldwide cannot be achieved working alone. All through the past six years of IDY observation, partnerships forged by the Ministry with key stake-holders like other Central Ministries, States/UTs, Leading Yoga Institutions, Yoga Centres, Independent Practitioners, Educational Institutions, Non-Governmental Organisations, and other Civic Society Organisations have been critical in the success achieved in inspiring increasingly larger number of people year after to be a part of IDY. These stake-holders made valuable contributions in promoting the spirit of participation in IDY on a wide scale, thus converting IDY into a mass movement for health.

MoA is releasing The IDY Hand book containing reference material for organisers of promotional activities for IDY- 2021, to enable faster, easier and smoother planning and implementation of such activities. The Handbook through the standardisation of activities, will also help to strengthen the collaborations among the different stake-holders in organising activities for IDY-2021. The reference material provided herein will enable the organisers to adopt a systematic approach, thus widening the net of potential participants and facilitating a larger number of stakeholders to come on board. The Handbook is structured to provide a background on the IDY, its significance and past achievements and the importance of the Common Yoga Protocol (CYP). It will indicate how individuals and institutions can get involved to make IDY a truly universal event. The Ministry has also included in the Handbook a list of publicly accessible digital resources which can be leveraged by organisers, and suggestions on the various activities which can be conducted by each.

The Ministry is always striving to innovate and deepen its relationships with the various stakeholders of IDY – this is essential to create a sustainable impact that goes beyond the day of IDY. Consequently, the Ministry invites stakeholders to have a conversation with us to explore how additional initiatives can be undertaken in collaboration. To facilitate this and see how the Ministry can collaborate with your esteemed institution, you can reach out to Shri Vikram Singh, Director, Yoga and Naturopathy Cell, Ministry of Ayushat vikramsingh-cea@gov.in or at 011-24656863.

Your comments, suggestions, efforts and other contributions towards this global health-seeking effort would be highly appreciated.

A. What is IDY and how is it observed?

Recognizing the universal appeal of Yoga, owing to its demonstrated benefits for health and towards stress-relief, the United Nations General Assembly (UNGA) proclaimed 21st June as the International Day of Yoga (IDY) on 11th December 2014, by resolution 69/131 (shared as Appendix I in Section H). The draft resolution establishing IDY was proposed by India and endorsed by a record 175 member States. The proposal was first introduced by Hon'ble Prime Minister, Shri Narendra Modi in his address during the opening of the 69th session of the General Assembly, in which he said: "Yoga is an invaluable gift from our ancient tradition. Yoga embodies unity of mind and body, thought and action ... a holistic approach that is valuable to our health and our well-being. Yoga is not just about exercise; it is a way to discover the sense of oneness with yourself, the world and the nature."

Since 2015, this Day has been observed all over the world in ever growing numbers of participants. The observation of IDY reminds the individuals and populations to make healthier choices like the practice of Yoga and follow such lifestyle patterns to foster good health. In this regard, the World Health Organization has urged its member states to help their citizens reduce physical inactivity, which is among the top ten leading causes of death worldwide, and a key risk factor for non-communicable diseases, such as cardiovascular diseases, cancer and diabetes. It is thus clear that observing IDY is an opportunity to make the people across the globe aware about the rewards that Yoga offers for health and well-being and to build enduring public interest in it by highlighting how these rewards can be secured through rather easy and cost-effective efforts.

As the nodal Ministry, the Ministry of Ayush (MoA) has been actively collaborating with a multitude of stakeholders from different domains in this endeavour, championing the cause of Yoga for the betterment of health and wellbeing of the community.

I. Past IDYs

The 1st IDY was inaugurated on 21st June 2015 by Prime Minister, Shri Narendra Modi. The event also registered two Guinness World Records, the first for 35,985 people practicing in a single Yoga session at a single venue and the second for most nationalities (84) participating in a Yoga lesson. The event was recognized and celebrated across 170 countries including USA, China and Canada. Since then, the event has been observed globally with utmost zeal and vigour, and has acquired the character of a mass movement. The main national event of IDY 2016 was held at Chandigarh, 2017 at Lucknow, 2018 at Dehradun and 2019 at Ranchi. Prime Minister Shri Narendra Modi led the harmonious mass demonstrations of Yoga based on the Common Yoga Protocol (CYP) at each of these venues. Further, thousands of such Yoga demonstrations - big and small, and organised by diverse stakeholders - marked these IDYs, across virtually every nook and corner of the country.

However, IDY 2020 marked a departure from the earlier observations due to the COVID-19 pandemic forcing people across the world indoors and halting congregational activities. This necessitated a safer outlook towards IDY observance, and digital channels provided the solution. The theme for the IDY 2020 was 'Yoga at Home, Yoga with Family'. No mass demonstrations were organized, yet the people in millions observed IDY at home with their family members.

The Ministry of Ayush (MoA) had made various online resources available on its digital platforms like the Yoga Portal (<https://yoga.ayush.gov.in/yoga/>) and the Social Media handles like YouTube, Facebook, Twitter and Instagram to provide ample opportunities for the people to learn Yoga at home. The Ministry, in association with Prasar Bharati, had made arrangements for telecasting a trainer led Yoga session on DD National on IDY 2020. Several enhancements were made to MoA's Yoga Portal (<https://yoga.ayush.gov.in/yoga/>) to fully equip it for promoting and hosting IDY 2020.

The Ministry had also issued an advisory on COVID-19, highlighting the importance of regular practice of Yoga to boost the immunity level and combat COVID-19. The advisory was uploaded on the COVID-19 landing pages of various government websites, including MoA's website, and widely publicised through various channels. The existing government platforms like E-Sampark (<http://sampark.chd.nic.in/epayment/index.aspx>) and MyGov (<https://www.mygov.in/>) were leveraged to reach out to multiple stakeholders. Online Yoga discourses by 16 experts were organized and streamed live on MoA's Facebook page (<https://www.facebook.com/moayush/>) from 5th June 2020 to 20th June 2020, as a part of the promotional campaign for IDY 2020.

To facilitate training from home, daily telecast of the Common Yoga Protocol (CYP) was organized on DD Bharati. An online curtain raiser event was also organized on 10th June 2020. Prominent celebrities from the entertainment industry, like Shri Akshay Kumar, Smt Anushka Sharma Kohli, Shri Milind Soman, Smt Shilpa Shetty Kundra etc. had come up with promotional messages on Yoga, encouraging the people to be active participants in IDY 2020 from their homes.

1. IDY -2021: Activities amidst the Pandemic

As the pandemic situation continues to loom large, the approach to IDY in 2021 would be one of care and caution. Significant focus will be on awareness generation and mobilization through various digital media platforms. Physical congregation in a limited way can be considered if the situation allows it in June 2021. Therefore, the Ministry is working towards expanding the scope of digital/virtual activities through its platforms as well as in partnership with various stake-holders to make Yoga accessible to as many people as possible, even in the face of the constraints imposed by the pandemic.

2. How is IDY Observed?

The UN resolution on IDY calls upon all countries, international and regional organizations, as well as civil society, including and individuals, to observe the

International Day of Yoga to raise awareness of the benefits of practising yoga. The observation of IDY has been structured to be in alignment with the UN resolution. Considering that yoga provides a holistic approach to health and well-being, a wider dissemination of information about the benefits of practising Yoga would be beneficial for the health of the world population, and some standard procedures for IDY observation has been designed accordingly. The activities of IDY are designed in such a way that the interest of the participants in pursuing Yoga does not end with the IDY, but sustains even beyond. It has been observed that a notable number of people among the thousands who start learning CYP in the spirit of participation in IDY continue to pursue Yoga even beyond IDY.

In India, the activity at the heart of IDY observation is the harmonious demonstration/performance of Yoga based on the Common Yoga Protocol (CYP), the latter being a specified sequence of Yoga drills of about 45 minutes duration. You may read more about CYP in the next Section of this Handbook.

On the International Day of Yoga, the IDY observation is normally a 1-hour activity from 07:00 am to 08:00 am. The CYP is normally performed from 07:00 am to 07:45 am. After 07:45 am, the organisers of the event (or the individuals joining from their homes) may follow any suitable and customized 15-minute programme, which could be a Yoga drill, speech, prayer etc. The activity concludes at 08:00 am.

Because of the pandemic situation, it is advised that the CYP performance can be done in the safety of one's own home this year. One can follow a standard CYP video as a prompt, if required. The option of following the CYP drill from national television on 21st June is also open, and this has the advantage of enabling all the Yoga-followers of the entire country to be in harmony to mark the IDY.

If the observation is being done in a group, COVID-19 norms may be strictly adhered to.

B. What is the Common Yoga Protocol (CYP)?

CYP, a specified sequence of Yogasanas of 45 minutes, lies at the heart of the IDY observation.

It was developed by some of the most accomplished Yoga gurus of India in 2015. Conceived with the need to organize harmonious mass Yoga demonstrations in observance of International Day of Yoga (IDY), it comprises the ideal assemblage of asanas for inducting beginners to Yoga practice. It was designed meticulously so that people from various age groups and all walks of life can participate and reap the health benefits of Yoga. In a short span of six years, CYP has emerged as one of the most popular introductory programmes for new learners of Yoga.

It is also prepared to disseminate awareness of Yoga among the common people.

On the International Day of Yoga (i.e., 21st of June), the Common Yoga Protocol is normally performed in groups from 07:00 am to 07:45 am. This is an attempt to ensure that the entire country is in harmony in doing Yoga to mark the IDY. After 07:45 am, the organisers of the event may follow any suitable and customized 15-minute programme, which could be a Yoga drill, speech, prayer etc. Thus, the IDY observation is a 1-hour activity from 07.00 am to 08.00 am.

Since the focus of IDY would be on group Yoga demonstrations based on CYP, organisers of each IDY event may take efforts to familiarize the intended participants/general public with CYP well in advance. CYP being 45 minutes - long activity, experts have estimated that it ideally needs 15 hours of training (ideally one hour per day) to learn it. However, even with about 5 hours of familiarisation, one can join the CYP demonstration in the spirit of participation. All stake-holders and organisers therefore include CYP training/ learning an important activity in the preparatory efforts of IDY. It is seen from the experience of the last six years that many of those who learn CYP in the spirit of participation in IDY continue to practice the same even beyond the IDY. Thus, the participation in IDY becomes a starting point for the regular pursuit of Yoga.

The CYP booklet (English) has been shared as Appendix 2 in Section H. The PDF versions of the booklet are available in English and Hindi on MoA's Yoga Portal (<https://yoga.ayush.gov.in/yoga/>), which can easily be downloaded from the following links—

English: <https://yoga.ayush.gov.in/public/assets/front/pdf/CYPEnglishBooklet.pdf>

Hindi: <https://yoga.ayush.gov.in/public/assets/front/pdf/CYPHindiBooklet.pdf>

Links for the CYP videos are available in this document, in Section F - Digital Resources For Yoga.

C. Creating a buzz: Initiatives for IDY Promotion by the Ministry of Ayush

The following are some of the initiatives being taken up by MoA presently, to maximize participation in the observance of IDY 2021:

I. Yoga Training: Common Yoga Protocol (CYP) and Yoga Volunteer Training Course (YVTC)

MoA, in association with the Morarji Desai National Institute of Yoga (MDNIY) (<http://www.yogamdniy.nic.in/>), has initiated the CYP–Yoga Volunteer Training Course which aims to promote and disseminate the knowledge and practice of Yoga among the general public, at the national level, for the improvement of their health and wellbeing. It is streamed live on the Facebook pages of MoA and MDNIY (MoA: <https://www.facebook.com/moayush/>, MDNIY: <https://www.facebook.com/mdniyayush/>), in English and Hindi, at the scheduled timings announced in advance on these Facebook pages. YVTC has 4 stages, with the overall duration being 36 hours. The details are as given below:–

Stage	Practices	Days	Hours
1.	Yoga Appreciation Programme	4 Days	3 Hrs. (45 Mins daily)
2.	CYP – Introduction Programme	12 Days	18 Hrs. (1.5 Hours daily)
3.	CYP – Yoga Sadhana	6 Days	9 Hrs. (1.5 Hours daily)
4.	CYP – Self Practice, Assessment and Certification	2 Days	6 Hrs.
Total	YOGA VOLUNTEER TRAINING COURSE	24 Days	36 Hrs.

The above courses are offered free of cost. Further, a certificate can be obtained after the completion of the course by paying a nominal fee of Rs. 250/-. This fee will be charged by the Yoga Certification Board (YCB) (<https://yogacertificationboard.nic.in/>) for endorsement as a Yoga volunteer, after the completion of the course.

This is a quality training programme designed to enable easy learning, and is offered free to the public (the fee being payable only for the certificate). Forthcoming batches of this free training course will be launched on 21st April, 1st May, 21st May and 1st June. All the members of the public are requested to make use of this golden opportunity and join in to any of the above batches as convenient. All stake-holding organisations are requested to publicise information about the above course within their respective domains.

2. GlobalYoga Photography Contest

A globalYoga photography contest is being organized on Government of India's (Gol's) MyGov platform (<https://www.mygov.in/>). People all over the world are being encouraged to participate in the contest by posting a photograph of themselves, performing their favourite Yogasanas i.e. Yoga postures/poses. The photograph will have to be accompanied by a short description about it and its relationship with the contest's overarching theme of 'Yoga and Me'. The contest will enable the submission of entries from 2nd May 2021 to 31st May 2021 (the dates will be confirmed through a formal announcement).

3. Prime Minister's Yoga Awards (PMYA)

Ministry of Ayush (MoA) is hosting the Prime Minister's award for outstanding contribution towards the promotion and development of Yoga, on Gol's MyGov platform (<https://innovateindia.mygov.in/pm-yoga-awards/>). The award comprises of two national-level categories for entities of Indian origin and two international-level categories for entities of Indian or foreign origin. In this regard, the applicants/nominees for these awards should have a rich experience and a deep understanding of Yoga. An application, complete in all respects, can be submitted by the applicant directly or they may be nominated by a prominent Yoga Organization, for consideration under this award process. An applicant can apply/can be nominated for only one award category that is either the national award or the international award, in a particular year. The nomination process will begin from 30/03/2021, with the last date for the submission of the entries being 30/04/2021. The selection process is a well-defined process for which two committees are constituted by the Ministry of Ayush, namely the screening committee and the evaluation committee which will decide the selection and evaluation criteria for finalizing the recipients of the awards.

The winners will be felicitated by with a trophy, a certificate and a cash prize of INR 25 lakhs, which will be presented on the seventh International Day of Yoga. In case of joint winners, the awards will be divided among the winners.

4. IDY Quiz

The quiz is being organised by the Ministry of Ayush (MoA), Government of India in collaboration with the MyGov platform (<https://www.mygov.in/>). Access to the quiz will only be through the MyGov platform. Questions contained within the quiz will be based on publicly available information on past International Day of Yoga celebrations. To know more participants can access MoA's Yoga Portal at <https://yoga.ayush.gov.in/yoga/>. Entry to the quiz will be open from 1st May 2021 till 20th May 2021 (the dates will be confirmed through a formal announcement). Participants will be required to answer 10 questions within a span of 450 seconds.

5. IDY Discussion on MyGov platform

Ministry of Ayush (MoA) invites all citizens to share their ideas on how people can plan to observe the 7th IDY at home with their friends and families, while mobilising the wider community to maintain the ethos of Yoga and ensure

community wellbeing. Entry to the discussion will be open from 1st May 2021 to 31st May 2021 (the dates will be confirmed through a formal announcement).

6. IDY Pledge

MoA is also encouraging the citizens to take the Yoga Pledge (<https://yoga.ayush.gov.in/yoga/>), with a resolve to make Yoga an integral part of their daily lives, for which they are requested to submit their name, e-mail id and photograph in the 'Yoga Pledge' section on the home page of the Yoga Portal (<https://yoga.ayush.gov.in/yoga/>).

7. Poll/Survey

Ministry of Ayush (MoA) is conducting a survey to understand how citizen perceives Yoga and level of IDY awareness and observance among the citizens. The survey is conducted on MyGov platform (<https://www.mygov.in/>) starting from 1st May 2021 (the date will be confirmed through a formal announcement).

8. IDY Jingle

A jingle competitions being launched in collaboration with the MyGov platform (<https://www.mygov.in/>). MoA is calling upon the public to write and compose a jingle for the upcoming International Day of Yoga, 2021 in Hindi /English/ any Indian language. The jingle should endeavour to drive awareness and adoption of Yoga by people of all ages. It must focus on encouraging people to participate in observance of IDY, 2021 with their family and friends. To get more information on Yoga, IDY, and the various initiatives being undertaken by the MoA, participants can visit <https://yoga.ayush.gov.in/Submissions> will be accepted only through MyGov Portal. Last date for the submission is May 31, 2021 (the date will be confirmed through a formal announcement).

9. Other Activities in Progress/On the Anvil

- a. Daily streaming of online CYP sessions on the Ministry's social media platforms (MoA: <https://www.facebook.com/moayush/>, MDNIY: <https://www.facebook.com/mdniyayush/>) as well as partner TV Channels.
- b. Series of lectures from Yoga Gurus, Researchers, Doctors, Promoters, VIPs, Ministers etc. around the benefits of Yoga.
- c. CYP trainings to ASHA workers in villages to expand the reach of IDY.
- d. Online training resources available in different languages for the use of trainers for brushing up of their CYP knowledge and updating of their skill (details shared in this document, in **Section B - What Is CYP**).
- e. Re-orientation training programme for Yoga Instructors and physical education training teachers of Youth Services and Sports Department, Leh-Ladakh.
- f. Partnership of Ministry of Youth Affairs and Sports (MYAS) (<https://yas.nic.in/>) with MoA for increasing CYP reach through Fit India Movement (FIM) (<https://fitindia.gov.in/>)— MYAS will work with MoA to launch a dedicated campaign making Yoga a part of the Fit India

movement—joint participation certificates for the same will be provided by both YCB and FIM. Additionally, all YCB accredited centres will be made Fit India Centres, and all Sports Authority of India (SAI) (<https://sportsauthorityofindia.nic.in/>) centres will also be made Yoga training centres.

- g. Short films, Yoga anthem, and celebrity testimonials on the usefulness of Yoga, along with pan-India field level publicity campaigns which will be coordinated by the BOC.
- h. Year Long Yoga Calendar: The Ministry has collated the regular/ planned Yoga events offered by Leading Yoga Institutions and made this information available to the public on the Year Long Yoga Calendar page on the Yoga Portal (<https://yoga.ayush.gov.in/yoga/>) of the Ministry. You may access the Year Long Yoga Calendar here <<https://yoga.ayush.gov.in/idy-events>>.
- i. The 100-day countdown for IDY 2021 (<https://ayushnext.ayush.gov.in/index.php/detail/news/100-days-to-7th-international-day-of-yoga-2021>) was inaugurated on 13-3-2021 at MDNIY, New Delhi by Shri Kiren Rijiju, Minister of State (IC), Ministry of Youth Affairs & Sports (MoYAS), who is holding the additional charge of MoA. The function was presided by Shri PK Pathak, Additional Secretary (MoA).
- j. The Ministry of Ayush is considering a tie-up with Community Radios for dissemination of CYP training through community radios in regional languages. The details will be announced soon, so that these resources (broadcasts) can be utilised effectively by one and all for effective promotion of IDY.
- k. Various Yoga organisations are working in collaboration with the Ministry to take the message of Yoga far and wide. The Heartfulness Institute/Shri Ram Chandra Mission in partnership with Patanjali Yogpeeth, SVYASA, and other leading institutes have launched a 100-day series of digital activities which will culminate on 21st June 2021. The Ministry is also part of this massive effort, which has already reached out to thousands of people around the globe.
- l. MoA and the Central Council for Research in Yoga & Naturopathy (CCRYN) (<http://ccryn.gov.in/>) to lead the initiative for promotion and awareness generation about "Yoga as a productivity enhancing tool at workplace".
- m. A partnership with India Post (Department of Posts) (<https://www.indiapost.gov.in/vas/Pages/IndiaPostHome.aspx>) for using post-offices including those in rural and semi-urban areas for increasing the reach of IDY activities is being pursued.
- n. IT assets for Yoga in the form of Yoga dictionary (<https://yoga.ayush.gov.in/dictionary>), Yoga Portal (<https://yoga.ayush.gov.in/yoga/>) and Namaste Yoga app (https://play.google.com/store/apps/details?id=ayush.gov.in.idy2020&hl=en_IN&gl=US) are being offered to the public by the Ministry of Ayush.

D. How Can You Get Involved in the Global IDY Movement?

Any individual or organisation can become an active stake-holder in the rewarding, and at the same time exciting, IDY movement. Citizens, Yoga Professionals, Central Ministries, State and UT Administrations, Government Departments, Yoga Organizations, Non-Government Organizations (NGOs), Private Companies, Public Sector Undertakings (PSUs), Schools, Colleges, Universities, Gram Panchayats, Municipal Corporations, Housing Societies, Civil Society Bodies etc. can all take up exciting stake-holding roles in the IDY observance. MoA keenly looks forward to collaborating with you and facilitating your efforts.

The following are the suggested initiatives that can be taken up by different stake-holders on the IDY i.e., 21st June 2021, or in the run up to the IDY:

I. Citizens

Yoga is an invaluable ancient Indian practice with numerous benefits to both physical and mental health. Given the context of the COVID-19 pandemic and its aftermath including restrictions on the movement of people and a slowdown in economic activity, the benefits offered by Yoga have become especially important for physical and mental wellbeing. Of particular importance are its proven benefits on general health and immunity, along with its globally accepted role as a stress buster. Citizens can also be actively involved in IDY through the following suggested activities:

- Joining thousands of others on IDY by doing the Common Yoga Protocol (CYP) performance on 21st June 2021 at 07:00 am. You may join the activity from the safety of your home, considering the risks of the pandemic. You have the option of using the national television (which will be telecasting CYP at 07:00 am) or any other appropriate CYP video for guidance (CYP links may be seen in Section **F - Digital Resources For Yoga**).
- If you are a newcomer to Yoga, this will be a more exciting venture. However, you would require some advance training in CYP ahead of IDY, i.e., well before 21st June. You may learn CYP from a qualified trainer (in a COVID-19 compliant manner), or you can use digital resources. CYP training videos are available on MoA's Yoga Portal (<https://yoga.ayush.gov.in/yoga/>) and on MDNIY's website (<http://www.yogamdniy.nic.in/>). They are also available on social media handles and platforms (links may be seen in Section **F - Digital Resources For Yoga**) of the Ministry and MDNIY as free resources. These will also be played on TV and radio channels in the coming days, in the run up to IDY.
- You can also refer to YouTube videos (CYP links may be seen in **Section F - Digital Resources For Yoga**) on Common Yoga protocol available in various languages.
- Participating in the photo contest which will be hosted on MyGov platform (<https://www.mygov.in/>) will ensure that you are part of the buzz around IDY. The schedule of the contest will be announced shortly.

- Depending on the local circumstances, people may be encouraged to participate in IDY 2021 from their homes or in small gatherings, contingent on the COVID-19 related Government guidelines on the management of the pandemic – especially physical distancing norms and the use of basic protective measures such as masks and sanitizers etc.

2. Yoga Professionals

IDY presents an occasion for all Professionals in the field of Yoga to come forward and spread the message about the rewards of regular practice of Yoga among the general public. Every individual stands to gain from the regular practice of Yoga through long term benefits in health, happiness and wellbeing. Yoga Professionals can play an important role in making IDY an effective national movement for health and wellness. Here are some suggested activities to reach out to the people and induct them into the blissful world of Yoga:

- Yoga Professionals may take the lead in organizing CYP training programmes for the general public. In view of the pandemic -related risks, they may use online and social media platforms. In case face-to-face training sessions are organised, compliance to standard COVID-19 guidelines may be ensured. The programmes may be initiated as early as possible, so that the public can learn CYP well in advance and be ready by 21st June (CYP links may be seen in Section **F - Digital Resources For Yoga**).
- Efforts may be taken to organize other Yoga-related activities such as online lectures, workshops etc. by Yoga experts, to motivate people to participate in IDY. These may be scheduled to commence at least 3 weeks ahead of IDY 2021.
- Innovative efforts may be made to familiarize the general public with Common Yoga Protocol.
- Organizing of online training programs of 15-day duration (one hour per day) on CYP and motivating friends and acquaintances for maximum participation in the same is recommended.
- Yoga Professionals may disseminate information about the free IDY resources (links may be seen in Section **F - Digital Resources For Yoga**), IDY-activities and Common Yoga Protocol through their social media accounts tagging the Ministry.
- Yoga Professionals can participate in the engaging activities like the photo contest, and send nominations for PM Yoga awards (<https://innovateindia.mygov.in/pm-yoga-awards/>), being organized by MoA on the MyGov platform (<https://www.mygov.in/>).
- Depending on the local circumstances, people may be encouraged to participate in IDY 2021 from their homes or in small gatherings, contingent on the COVID-19 related Government guidelines on the management of the pandemic – especially physical distancing norms and the use of basic protective measures such as masks and sanitizers etc.

3. Central Ministries/Departments and State/UT Administrations

IDY presents an occasion for all the Central Ministries and their Departments, as

well as State and UT Administrations to come forward and spread the message about gains from the regular practice of Yoga like long term benefits in health, happiness and well-being. The Central Ministries/Departments and State/UT Administrations can reach out to individuals and institutions in their respective domains with the following IDY related activities:

- Issuing internal guidelines within the Organization/offices giving the background of the observation of International Day of Yoga (IDY2021).
- Using your social media platforms to spread for latest updates and information about IDY. The required inputs can be easily accessed from the social media platforms of the MoA (links may be seen in **Section F - Digital Resources For Yoga**) and this can be shared on or adapted to your official social media platforms, as deemed fit. The Ministry would be happy to share creatives and other inputs in this regard, for which your point of contact would be Shri Vikram Singh, Director, Yoga and Naturopathy Cell, Ministry of Ayush (email: vikramsingh-cea@gov.in, phone: 011-24656863).
- Displaying IDY logo on your website and uploading guidelines for IDY observance and a list of Digital Resources provided in **Section F** in this Handbook, on your website.
- Familiarizing the employees/staff with Common Yoga Protocol (CYP). Information about the quality digital training resources and daily virtual training sessions being offered by the Morarji Desai National Institute of Yoga (links may be seen in **Section F - Digital Resources For Yoga**) may please widely publicised among the public and the government employees.
- Circulating related material along with attached links to the digital resources (available in **Section F**), to all Departments, employees and partners, so that they can be further shared externally to raise awareness. Employees may be encouraged to include their families in the IDY activities.
- Organizing Yoga-related activities such as online lectures, workshops etc. by Yoga experts, starting at least 3 weeks ahead of IDY 2021.
- Distributing Yoga attire, Yoga mats, and other Yoga related goodies duly having the logo of IDY 2021, to their staff, and encouraging everyone to practice and adopt Yoga.
- Publishing Yoga and IDY-specific articles in your official e-newsletter, bulletin, magazine etc.
- Encouraging employee and staff to participate in IDY competitions organized by MoA on MyGov platform (<https://www.mygov.in/>) such as photo contest, PM Yoga awards (<https://innovateindia.mygov.in/pm-yoga-awards/>) etc.
- Organising CYP workshops in association with NGOs involving Yoga experts, subject to COVID-19 guidelines.
- Central Ministries may plan long term activities related to Yoga, so that the impact of IDY-related mobilization goes on well beyond 21st June 2020.

- Depending on the local circumstances, people may be encouraged to participate in IDY 2021 from their homes or in small gatherings, contingent on the COVID-19 related Government guidelines on the management of the pandemic – especially physical distancing norms and the use of basic protective measures such as masks and sanitizers etc.

4. Yoga Organizations and NGOs

Yoga Organizations and NGOs, with their commitment and passion, can play an important role in making IDY an effective national movement for health and wellness. Here are some suggested activities to reach out to the people and induct them into the blissful world of Yoga:

- Issuing internal guidelines within the Organization/offices giving the background of the observation of the 7th International Day of Yoga (IDY2021). This may be displayed prominently on their websites.
- Using your social media platforms to spread for latest updates and information about IDY. The required inputs can be easily accessed from the social media platforms of the MoA (links may be seen in **Section F - Digital Resources For Yoga**) and this can be shared on or adapted to your official social media platforms, as deemed fit. The Ministry would be happy to share creatives and other inputs in this regard, for which your point of contact would be Shri Vikram Singh, Director, Yoga and Naturopathy Cell, Ministry of Ayush (email: vikramsingh-cea@gov.in).
- Displaying IDY logo on your website and uploading guidelines for IDY observance and a list of digital resources (available in **Section F**) on your website.
- Familiarizing the employee/staff with Common Yoga Protocol (CYP). Organising 15-day online training programmes (one hour per day) on CYP and ensuring maximum participation in the same, in a COVID-19 compliant manner (CYP links may be seen in **Section F - Digital Resources For Yoga**).
- Circulating related material along with attached links to the digital resources (available in **Section F**), to all employees and partners, so that they can be further shared externally to raise awareness.
- Organizing Yoga-related activities such as online lectures, workshops etc. by Yoga experts, starting at least 3 weeks ahead of IDY 2021.
- Distributing Yoga attire, Yoga mats, and other Yoga related goodies duly having the logo of IDY 2021, to their staff, and encouraging everyone to practice and adopt Yoga.
- Publishing Yoga and IDY-specific articles in Organizations/NGO's official e-newsletter, bulletin, magazine etc.
- Encouraging employee and staff to participate in IDY competitions organized by MoA on MyGov platform (<https://www.mygov.in/>) such as photo contest, PM Yoga awards (<https://innovateindia.mygov.in/pm-yoga-awards/>) etc.

- Organising Yoga / CYP workshops involving Yoga experts.
- Some online competitions on Yoga-theme may also be organized to create interest among the volunteers/employees/public, especially among the younger generation like quiz, essay etc.
- Depending on the local circumstances, people may be encouraged to participate in IDY 2021 from their homes or in small gatherings, contingent on the COVID-19 related Government guidelines on the management of the pandemic – especially physical distancing norms and the use of basic protective measures such as masks and sanitizers etc.

5. Private Companies and PSUs

IDY presents an occasion for all the private Companies and PSUs to come forward and spread the message about the rewards of regular practice of Yoga among their employees and public. Here are some suggested activities to reach out to all the employees/staff and induct them into the blissful world of Yoga:

- Issuing internal guidelines within the Organization/offices giving the background of the observation of International Day of Yoga (IDY 2021). This may be displayed prominently on their websites.
- Using your social media platforms to spread for latest updates and information about IDY. The required inputs can be easily accessed from the social media platforms of the MoA (links may be seen in **Section F - Digital Resources For Yoga**) and this can be shared on or adapted to your official social media platforms, as deemed fit. The Ministry would be happy to share creatives and other inputs in this regard, for which your point of contact would be Shri Vikram Singh, Director, Yoga and Naturopathy Cell, Ministry of Ayush (email: vikramsingh-cea@gov.in).
- Displaying IDY logo on your website and uploading guidelines for IDY observance and a list of digital resources (available in **Section F**) on your website.
- Familiarizing the employee/staff with Common Yoga Protocol (CYP). Organising 15-day online training programmes (one hour per day) on CYP and ensuring maximum participation in the same (CYP links may be seen in **Section F - Digital Resources For Yoga**).
- Circulating related material along with attached links to the digital resources (available in **Section F**), to all Departments, employees and partners, so that they can be further shared externally to raise awareness.
- Organizing Yoga-related activities such as online lectures, workshops etc. by Yoga experts, starting 3 weeks ahead of IDY 2021.
- Distributing Yoga attire, Yoga mats, and other Yoga related goodies duly having the logo of IDY 2021, to their staff, and encouraging everyone to practice and adopt Yoga.
- Publishing Yoga and IDY-specific articles in Private Companies and PSU official e-newsletter, bulletin, magazine etc.

- Encouraging employee and staff to participate in IDY competitions organized by MoA on MyGov platform (<https://www.mygov.in/>) such as photo contest, PM Yoga awards (<https://innovateindia.mygov.in/pm-yoga-awards/>) etc.
- Some online competitions on Yoga-theme may also be organized to create interest among the volunteers/employees/public, especially among the younger generation like quiz, essays etc.
- Depending on the local circumstances, people may be encouraged to participate in IDY 2021 from their homes or in small gatherings, contingent on the COVID-19 related Government guidelines on the management of the pandemic – especially physical distancing norms and the use of basic protective measures such as masks and sanitizers etc.

6. Schools, Colleges and Universities

IDY presents an occasion for all the Universities & their affiliated Colleges along with all the Schools to come forward and spread the message about the rewards of regular practice of Yoga among their students/employees/staff. Here are some suggested activities to reach out to all the students/employees/staff and induct them into the blissful world of Yoga:

- Issuing internal guidelines within the Organization/offices giving the background of the observation of International Day of Yoga (IDY 2021). This may be displayed prominently on their websites.
- Using your social media platforms to spread for latest updates and information about IDY. The required inputs can be easily accessed from the social media platforms of the MoA (links may be seen in **Section F - Digital Resources For Yoga**) and this can be shared on or adapted to your official social media platforms, as deemed fit. The Ministry would be happy to share creatives and other inputs in this regard, for which your point of contact would be Shri Vikram Singh, Director, Yoga and Naturopathy Cell, Ministry of Ayush (email: vikramsingh-cea@gov.in).
- Displaying IDY logo on your website and uploading guidelines for IDY observance and a list of digital resources (available in **Section F**) on your website.
- Familiarizing the employee/staff with Common Yoga Protocol (CYP). Organising 15-day online training programmes (one hour per day) on CYP and ensuring maximum participation in the same.
- Circulating related material along with attached links to the digital resources (available in **Section F**), to all Departments, employees and partners, so that they can be further shared externally to raise awareness.
- Organizing Yoga-related activities such as online lectures, workshops etc. by Yoga experts, starting 3 weeks ahead of IDY 2021.
- Distributing Yoga attire, Yoga mats, and other Yoga related goodies duly having the logo of IDY 2021, to their staff, and encouraging everyone to practice and adopt Yoga.

- Publishing Yoga and IDY-specific articles in Schools/Colleges/Universities official e-newsletter, bulletin, magazine etc.
- Encouraging employee and staff to participate in IDY competitions organized by MoA on MyGov platform (<https://www.mygov.in/>) such as photo contest, PM Yoga awards (<https://innovateindia.mygov.in/pm-yoga-awards/>) etc.
- Organising CYP workshops in association with NGOs involving Yoga experts, in a COVID-19 compliant manner.
- Some online competitions on Yoga-theme may also be organized to create interest among the students/teachers/employees, especially among the younger generation like quiz, essays etc.
- Depending on the local circumstances, people may be encouraged to participate in IDY 2021 from their homes or in small gatherings, contingent on the COVID-19 related Government guidelines on the management of the pandemic – especially physical distancing norms and the use of basic protective measures such as masks and sanitizers etc.

7. Gram Panchayats, Municipal Corporations, Housing Societies, and Other Civil Society Bodies

IDY presents an occasion for the Gram Panchayats, Municipal Corporations, Housing Societies, and other Civil Society Bodies to come forward and spread the message about the rewards of regular practice of Yoga among the citizens/residents. Here are some suggested activities to reach out to the citizens/residents and induct them into the blissful world of Yoga:

- Familiarizing the citizens/residents with CYP. Organizing 15-day online training programmes (one hour per day) on CYP and ensuring maximum participation in the same.
- Circulating related material along with attached links to the digital resources (available in Section F), to all the citizens/residents (through WhatsApp groups), so that they can be further shared externally to raise awareness.
- Organizing Yoga-related activities such as online lectures, workshops etc. by Yoga experts, starting 3 weeks ahead of IDY 2021.
- Encouraging citizens/residents to participate in IDY competitions organized by MoA on MyGov platform (<https://www.mygov.in/>) such as photo contest, PM Yoga awards (<https://innovateindia.mygov.in/pm-yoga-awards/>) etc.
- Organising CYP workshops in association with NGOs involving Yoga experts, in a COVID-19 compliant manner.
- Depending on the local circumstances, people may be encouraged to participate in IDY 2021 from their homes or in small gatherings, contingent on the COVID-19 related Government guidelines on the management of the pandemic – especially physical distancing norms and the use of basic protective measures such as masks and sanitizers etc.

E. Be with Yoga, Be at Home!

An year has passed by, even as the world continues to fight the COVID-19 pandemic valiantly.

The World Health Organization (WHO) has expressed its concern over the pandemic's impact on people's physical and mental health. In this exacting phase, Yoga with its multi-faceted benefits, is proving to be of immense help to the public. Yoga is more than a mere physical activity. In the words of one of its most famous practitioners, the late B. K. S. Iyengar, "Yoga cultivates the ways of maintaining a balanced attitude in day-to-day life and endows skill in the performance of one's actions." These re-assuring and redeeming features of Yoga can go a long way in finding balance in our day-to-day lives in the changed reality.

Consistent practice of Yoga helps to improve health and strength and natural immunity. Practice of Yoga helps in improving their metabolism, maintaining proper blood circulation, and reducing vulnerability to various ailments like respiratory disorders, cardiovascular diseases, diabetes etc. Yoga also improves mental health and emotional resilience and enables people to cope with fear, anxiety, stress, boredom, depression and frustration, which are commonly reported in these difficult times.

IDY-2021, therefore, is a timely occasion to usher Yoga in, into the thoughts and everyday lives of common people.

Taking cognizance of the current situation, it will not be advisable to organize events that require congregation of people for observing the 7th International Day of Yoga. Therefore, with the objective of reminding the people across the country about the benefits of Yoga, and to build enduring public interest in the same, it is advised that maximum use of digital, virtual and electronic platform be made this year, to spread the message of IDY. All stake-holders are invited to take up messaging to the public in the context of the upcoming IDY, by highlighting its importance and contribution to public health and encouraging the people to observe IDY 2021 by doing the Common Yoga Protocol at home with their families, on 21st June 2021. The message "Be with Yoga, Be at Home!" can be sent out as much as possible. The details and resources on CYP available in Section B and Section F in this Handbook can be utilised in various innovative ways to inspire the citizens to take up learning/ performing CYP from the safety of their respective homes.

In response to the emerging scenario, the regular Yoga practitioners and people with expertise in this field are called upon to put their domain knowledge and skills to effective use, by teaching Yoga to their family members. Those who are aware of the benefits offered by Yoga can spread the word among their acquaintances, by familiarizing them with the utility of Yoga in warding off diseases. Participation in IDY can be a timely inspiration point, and can help in target-setting for the activity of learning Yoga.

The Ministry of Ayush has made multiple provisions for facilitating learning/training activities digitally, with various online resources (lists of links for the same have been shared in Section F) available on its digital platforms like the Yoga Portal (<https://yoga.ayush.gov.in/yoga/>) and social media handles like YouTube (<https://www.youtube.com/channel/UCqRR2gs-l3zrNcE4so4TpgQ>), Facebook (<https://www.facebook.com/moayush/>), Twitter (<https://twitter.com/moayush>) and Instagram (<https://www.instagram.com/ministryofayush/?hl=en>), to provide ample opportunities for the people to learn Yoga from their homes. A carefully designed Yoga Volunteers' Training Course (details available in Section C) is being streamed live on the Facebook pages of MoA and MDNIY (MoA: <https://www.facebook.com/moayush/>, MDNIY: <https://www.facebook.com/mdniyayush/>), in English and Hindi.

Additionally, the Ministry of Ayush is encouraging the people to actively participate in scores of engaging contests being organized on its social media platforms and the MyGov platform (<https://www.mygov.in/>), in the run-up to the main IDY event. More details regarding some of the contests being hosted on MyGov (<https://www.mygov.in/>) are available in Section C of this handbook.

All stake-holders are requested to take up the role of ambassadors of Yoga in this difficult phase, and motivate as many people as possible to take the support of Yoga to tide over these difficult times. You may take recourse to MoA's social media platforms (links available in Section F) and the Yoga Portal (<https://yoga.ayush.gov.in/yoga/>) for constant updates and communications pertaining to IDY 2021 and the promotional initiatives preceding it.

F. Digital Resources for Yoga

I. CYPVideos (Hindi, English and 14 Regional Languages)

S. No.	IDY Videos – Common Yoga Protocol	YouTube Video Links
1.	International Day of Yoga 2019 Common Yoga Protocol - HINDI	https://www.youtube.com/watch?v=wgjZ_LyNLRw
2	International Day of Yoga 2019 Common Yoga Protocol- ENGLISH	https://www.youtube.com/watch?v=K-GJh9GeOxE
3.	Common Yoga Protocol- Manipuri, International Day of Yoga - 2016	https://www.youtube.com/watch?v=iOGza5C9YhI
4.	Common Yoga Protocol- Kannada, International Day of Yoga – 2016	https://www.youtube.com/watch?v=k5W4sR7Ercs
5.	Common Yoga Protocol- Sanskrit, International Day of Yoga - 2016	https://www.youtube.com/watch?v=KYDVngTkslo
6.	Common Yoga Protocol- Marathi, International Day of Yoga - 2016	https://www.youtube.com/watch?v=JNvyqnIOITY
7.	Common Yoga Protocol- Malayalam, International Day of Yoga - 2016	https://www.youtube.com/watch?v=ijjQAw-_XO8
8.	Common Yoga Protocol- Bengali, International Day of Yoga - 2016	https://www.youtube.com/watch?v=oUIZzBbXz_U
9.	Common Yoga Protocol- Kashmiri, International Day of Yoga - 2016	https://www.youtube.com/watch?v=06h8PrIcn3Y
10.	Common Yoga Protocol- Tamil, International Day of Yoga - 2016	https://www.youtube.com/watch?v=x_d3Ay7iy3c
11.	Common Yoga Protocol- Urdu, International Day of Yoga - 2016	https://www.youtube.com/watch?v=PWwp4KDQRwQ
12.	Common Yoga Protocol- Telgu, International Day of Yoga - 2016	https://www.youtube.com/watch?v=hKUqsrAXC34

13.	Common Yoga Protocol- Assamese, International Day of Yoga - 2016	https://www.youtube.com/watch?v=PEkxjWdNUU0
14.	Common Yoga Protocol- Punjabi (Full Version), International Day of Yoga - 2016	https://www.youtube.com/watch?v=LK4ZoeTKOdY
15.	Common Yoga Protocol- Oriya (full version), International Day of Yoga - 2016	https://www.youtube.com/watch?v=sqEHmSMCgt4
16.	Common Yoga Protocol- Gujarati (Full Version), International Day of Yoga - 2016	https://www.youtube.com/watch?v=0Bsb01XaCfc
17.	YouTube channel of the Director of MDNIY	Director Mdnly - YouTube

2. Links of MoA's Website, Social Media Platforms and Institutions

S. No.	Ministry Of Ayush/ Institutes	Website Links
1.	Ministry of Ayush Website	https://main.ayush.gov.in/
2.	Yoga Portal – Ministry of Ayush	https://yoga.ayush.gov.in/yoga/
3.	Ministry of Ayush – YouTube Channel	https://www.youtube.com/channel/UCqRR2gs-I3zrNcE4so4TpgQ
4.	Ministry of Ayush – Facebook Page	https://www.facebook.com/moayush/
5.	Ministry of Ayush – Twitter	https://twitter.com/moayush
6.	Ministry of Ayush – Instagram	https://www.instagram.com/ministryofayush/?hl=en
7.	Morarji Desai National Institute of Yoga (MDNIY)	http://www.yogamdnly.nic.in/
8.	Central Council for Research in Yoga & Naturopathy (CCRYN)	http://ccryn.gov.in/
9.	National Institute of Naturopathy (NIN), Pune	http://punenin.org/index.htm

3. IDY Infographics and Creatives

A consolidated drive has been created where various infographics and creatives are being uploaded regularly. These can be used by the IDY organizers for event publicity on their respective websites and social media platforms. The link for the drive can be found here <<https://tinyurl.com/tapefkxz>>.

G. Tracking Participation in IDY 2021

To capitalise on the health-giving potential of Yoga, the Ministry intends to track participation numbers of IDY-2021. These will provide valuable inputs to plan public health interventions based on Yoga.

Dedicated internal Google forms or offline templates can be utilized internally to collect the participation data for IDY 2021. The Google form/offline template can include basic fields like Serial Number, Name of the Event Organizer, Location, Number of People/Families Participated, Contact Details of the SPoC/Nodal Officer (Name, Designation, Phone Number, and E-mail Address required).

A Single Point of Contact (SPoC)/nodal officer can be nominated to fill in the participation data for the entire organizing body, ensure that there is no duplication in the data submissions, and subsequently share it with MoA. It is requested that updated proforma or data should be forwarded to MoA by 23/06/21. The Ministry would be happy to extend any technical support as required by the Event Organizers. By providing such details, you will be making a contribution to planning and implementing future public health initiatives based on Yoga.

IDY 2021 Participation Proforma- 21/06/2021

S. No.	Name Of The Organizing Body	Location	Number Of Individuals Participated (IDY Observance)	Contact Details (Name, Designation, Phone Number, And E-mail Address Of The SPoC)

H. Appendices

Appendix I: UN Resolution on IDY

Resolution adopted by the General Assembly on 11 December 2014

[without reference to a Main Committee (A/69/L.17 and Add.1)]

69/131. International Day of Yoga

The General Assembly,

Recalling its resolutions 66/2 of 19 September 2011 on the Political Declaration of the High-level Meeting of the General Assembly on the Prevention and Control of Non-communicable Diseases and 68/98 of 11 December 2013 on global health and foreign policy,

Reaffirming General Assembly resolutions 53/199 of 15 December 1998 and 61/185 of 20 December 2006 on the proclamation of international years, and Economic and Social Council resolution 1980/67 of 25 July 1980 on international years and anniversaries,

Noting the importance of individuals and populations making healthier choices and following lifestyle patterns that foster good health,

Underscoring the fact that global health is a long-term development objective that requires closer international cooperation through the exchange of best practices aimed at building better individual lifestyles devoid of excesses of all kinds,

Recognizing that Yoga provides a holistic approach to health and well-being, Recognizing also that wider dissemination of information about the benefits of practising Yoga would be beneficial for the health of the world population,

1. Decides to proclaim 21 June the International Day of Yoga;
2. Invites all Member and observer States, the Organizations of the United Nations system and other international and regional Organizations, as well as civil Society, including non-governmental Organizations and individuals, to observe the International Day of Yoga, in an appropriate manner and in accordance with national priorities, in order to raise awareness of the benefits of practising Yoga;
3. Stresses that the cost of all activities that may arise from the implementation of the present resolution should be met from voluntary contributions;
4. Requests the Secretary-General to bring the present resolution to the attention of all Member and observer States and the Organizations of the United Nations system.

The PDF version of this resolution is available on UN's webpage on IDY (<https://www.un.org/en/observances/yoga-day#:~:text=Today%20it%20is%20practiced%20in,yoga%20by%20resolution%2069%2F131>), and can easily be download from here <<http://undocs.org/A/RES/69/131>>

Appendix 2: CYP Booklet

The English version of the CYP booklet is attached here. The PDF versions of the booklet (available in English and Hindi) can be downloaded from the links provided in Section B-What Is CYP?.



Government of India

International Day of
YOGA

Common Yoga Protocol
21st June



Ministry of Ayurveda, Yoga & Naturopathy, Unani,
Siddha and Homoeopathy (AYUSH)



Government of India

21st June

INTERNATIONAL DAY OF YOGA

Common Yoga Protocol



Ministry of Ayurveda, Yoga & Naturopathy,
Unani, Siddha and Homoeopathy (AYUSH)

This booklet has been prepared in consultation with leading Yoga experts and heads of the eminent Yoga Institutions of India and edited by Dr. Ishwar V. Basavaraddi, Director, Morarji Desai National Institute of Yoga (MDNIY), Ministry of AYUSH, Govt. of India.

4th Revised Edition, May 2019

Publisher

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Disclaimer:

The information provided in this Yoga protocol is intended to create general awareness among people and community to get harmony & peace through Yoga. The information, techniques and suggestions mentioned in this yoga protocol are not a substitute for the medical advice of physician. In a particular case that you may require diagnosis or medical attention, consult your health care provider before practicing Yoga. The publisher does not assume any responsibility or liability for any injury or loss that may result from practicing Yoga.

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सत्यमेव जयते
GOVERNMENT OF INDIA



Shri Narendra Modi

Hon'ble Prime Minister of India

Message

Greetings to Yoga lovers all over the world. Yoga is one of the most precious gifts given by the ancient Indian sages to humankind. It is said in the Bhagavad Gita, “समत्वं योग उच्यते”. It means “Yoga is a state of equilibrium and equanimity”.

Yoga is not just a set of exercises that keeps the body fit. It is a passport to health assurance, a key to fitness and wellness. Yoga is not only what we practice in the morning. Doing our day-to-day activities with diligence and complete awareness is Yoga as well! **Free from illness, a path to wellness-that is the path of Yoga.**

Because it teaches us to see others the same as ourselves, Yoga makes us better individuals in thought, action, knowledge and devotion. Yoga achieves **oneness through oneness**. It brings about oneness among the mind, body and intellect. We begin to understand ourselves much better, which also makes us understand others better.

When we understand ourselves, we become ready to form a constructive bond with the society at large. A bond of oneness with our families, with the society we live in, with fellow humans, with all the birds, animals and trees with whom we share our beautiful planet. Thus, **Yoga is the journey from 'me' to 'we'**. The

problems of modern lifestyles are well known. We have found ways to control communicable diseases, but the focus is now shifting to dealing with non-communicable, lifestyle diseases. People suffer from stress related ailments and also lifestyle related diseases like diabetes and hyper-tension. **Stress and Depression have become silent killers. Yoga offers a solution to these ailments.** Practicing Yoga helps fight stress and find peace. If the body is a temple of the mind, Yoga creates a beautiful temple.

Yoga is ideal for relaxation. Many times when you are tired, a cool shower refreshes you. In the same way, practicing Yoga will truly relax the mind and body. Yoga goes beyond boundaries of age, gender, caste, creed, religion and nations. Yoga doesn't discriminate between anybody. All you need is willingness to practice it.

In a world of excess, Yoga promises restraint and balance.

In a world suffering from mental stress, Yoga promises calm.

In a distracted world, Yoga helps focus, boosts concentration.

In a world of fear, Yoga promises hope, strength and courage.

Yoga gives peace of mind. People who are at peace with themselves are at peace with others too. Such people build harmonious nations. Such nations build a harmonious world. I am happy that the popularity of Yoga is on the rise globally. With more people embracing Yoga, the demand for Yoga teachers is also rising. Our next challenge is to produce institutionally trained Yoga teachers who can ignite this flame further, especially among the youth.

I wish you all Happy Yoga practicing!



(Narendra Modi)

New Delhi

29 May, 2018



श्रीपाद नाईक
SHRIPAD NAIK

राज्य मंत्री (स्वतंत्र प्रभार)
आयुर्वेद, योग व प्राकृतिक चिकित्सा,
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MINISTER OF STATE (INDEPENDENT CHARGE) FOR
AYURVEDA, YOGA & NATUROPATHY
UNANI, SIDDHA AND HOMOEOPATHY (AYUSH)
GOVERNMENT OF INDIA



Message

I am pleased to present the booklet "Common Yoga Protocol" for International Day of Yoga celebration prepared by the committee of Yoga experts and heads of the eminent Yoga Institutions of India under the Chairmanship of Dr. H.R. Nagendra, Chancellor, S-VYASA University, Bangalore and edited by Dr. I V Basavaraddi, Director, Morarji Desai National Institute of Yoga (MDNIY). The booklet underlines useful Yogic practices for healthy living.

Yoga is a philosophy for achieving purest form of self-awareness, devoid of all thoughts and sensations. Our ancient Yoga masters teach us an art of living, a life for blissful experiences of even flow of happiness by removal of miseries of our life.

Yoga is essentially spiritual, its efficacy in the management and prevention of diseases and the promotional aspects have been very well established since time immemorial. Recent researches have shown effectiveness of Yoga in the management of many psychosomatic disorders which have increased during the past few decades. Thus, Yoga is emerging as one of the cost effective and economic health care option in India and abroad.

The Ministry of AYUSH has been organizing International Day of Yoga (IDY) successfully, which has found great enthusiasm and got worldwide support.

It is one of the noble initiatives taken by the Government of India under the dynamic leadership of Hon'ble Prime Minister Shri Narendra Modi Ji.

I thank and congratulate the Yoga experts and Heads of the eminent Yoga Institutions of India who have contributed in preparing this booklet. I hope the booklet will be useful for the practitioners.

I wish the International Day of Yoga all the success.

Yoga for Harmony & Peace

(Shripad Naik)

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5. **Dr. Jaideep Arya**, Patanjala Yoga Peeth, Haridwar
6. **Sri Sridharan**, Krishnamacharya Yoga Mandiram, Chennai
7. **Swami Bharat Bhushan**, President, Mokshayatan Yogashram, Saharanpur, U.P.
8. **Swami Shant Atmanand**, President, Ramakrishna Mission, New Delhi
9. **Sh. Gaurav Verma**, Art of Living Foundation, New Delhi
10. **Swami Ullasa**, Isha Yoga Foundation, Coimbatore
11. **Dr. Rajvi Mehta**, Ramamani Iyengar Memorial Yoga Institute, Iyengar Yogashraya, Mumbai
12. **Dr. Prashant Shetti**, SDM College of Naturopathy & Yogic Sciences, Shantivan Trust, Ujire
13. **Dr. Chandrasinh Jhala**, Vice- Chancellor, Lakulish Yoga University, Ahmedabad, Gujarat
14. **Swami Dharmananda Ji**, Adhyatma Sadhana Kendra, New Delhi
15. **Shri Kalicharan**, Dev Sanskriti Vishwavidyalaya, Shantikunj, Haridwar
16. **Sh. Pradeep Kumar**, Bihar School of Yoga, Saket, New Delhi
17. **Sister Asha**, Brahma Kumari University, New Delhi
18. **Ananda Balayogi**, Director, ICYER, Puduchery
19. **Ramanand Meena**, Deputy Secretary, Ministry of AYUSH
20. **Dr. I.N. Acharya**, Director, CCRYN, New Delhi
21. **Dr. Ishwar V. Basavaraddi**, Director, MDNIY, New Delhi, **Member Secretary**

COMMON YOGA PROTOCOL

INTRODUCTION

While addressing the 69th session of United Nations General Assembly (UNGA) on September 27, 2014, the Honorable Prime Minister of India Shri Narendra Modi urged the world community to adopt an International Day of Yoga.

"Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. By changing our lifestyle and creating consciousness, it can help us to deal with climate change. Let us work towards adopting an International Yoga Day," Shri Modi said.

On December 11, 2014, the 193 member UNGA approved the proposal by consensus with a record 177 co-sponsoring countries a resolution to establish 21 June as "International Day of Yoga". In its resolution, the UNGA recognised that Yoga provides a holistic approach to health and well-being and wider dissemination of information about the benefits of practicing Yoga for the health of the world population. Yoga also brings harmony in all walks of life and thus, is known for disease prevention, health promotion and management of many lifestyle related disorders.

First International Day of Yoga

The Ministry of AYUSH successfully organised 1st International Day of Yoga (IDY) on 21st June, 2015 at Rajpath, New Delhi. Two Guinness World Records were made viz. the Largest Yoga Lesson involving 35, 985 participants and maximum number of Nationalities (84) participated in a single Yoga lesson. Two days International Conference on "Yoga for Holistic Health" was organised on 21st and 22nd June, 2015 at Vigyan Bhavan, New Delhi wherein about 1300 delegates from India and abroad were participated.



Millions of people in India and across the globe participated in the first ever International Day of Yoga celebrations.

Common Yoga Protocol and Yoga DVDs were prepared to disseminate awareness of Yoga among the masses. Outside India, IDY was celebrated in all the UNGA member countries except war torn-Yemen, by the missions, Ministry of External Affairs in association with Ministry of AYUSH and various Yoga institutions and organisations.



Second International Day of Yoga

The Ministry of AYUSH in association with leading Yoga Institutions, Centre and State Governments, State Departments and Chandigarh Administration successfully organised 2nd International Day of Yoga (IDY) on 21st June, 2016 at the Capitol Complex, Chandigarh. More than over 30,000 people joined our Hon'ble Prime Minister Shri Narendra Modi Ji for the Second International Day of Yoga celebrations where he pitched for treating diseases like diabetes through the ancient spiritual discipline Yoga. For the first time in International Day of Yoga, 150 Divyangs performed Yoga Protocol during the International Day of Yoga celebrations at the Capitol Complex, Chandigarh. Two days International Conference on "Yoga for Body and Beyond" was organised on 21st and 22nd June, 2016 at Vigyan Bhavan, New Delhi.

As many as 192 United Nation Member States has participated in the 2nd International Day of Yoga.



Third International Day of Yoga

The Ministry of AYUSH in association with State Government of Uttar Pradesh successfully organised 3rd International Day of Yoga (IDY) on 21st June, 2017 at Ramabai Ambedkar Maidan, Lucknow. Hon'ble Prime Minister of India Shri Narendra Modi Ji inaugurated the event

where 51000 participants practiced Common Yoga Protocol along with him. The Hon'ble Prime Minister addressed the gathering and emphasised on the fact that Yoga has become a crucial factor in binding the world since it is a part of everyone's lifestyle. He said that Yoga is about health insurance. It is not even expensive to practice. The event was also graced by Shri Ram Naik, Hon'ble Governor of Uttar Pradesh (U.P.); Shri Yogi Adityanath, Hon'ble Chief Minister of U.P. and many other dignitaries. Two days International Conference on "Yoga for Wellness" was organized from 10-11 October, 2017 at Pravasi Bhartiya Kendra, Chanakyapuri, New Delhi.

Millions of people in India and across the globe participated in the third International Day of Yoga celebrations.

Fourth International Day of Yoga

The 4th International day of Yoga was organized by the Ministry of AYUSH in association with leading Yoga Institutions, Centre and State Governments, on 21st June, 2018 at Forest Research Institute, Dehradun. More than 50,000 people participated in the grand event along with Hon'ble Prime Minister of India and Hon'ble Chief Minister of Uttarakhand. Following the grand celebration, the Ministry of AYUSH, Govt. of India organized the fourth International Conference at Goa Kala Academy, Panaji from 12-13 November. The theme of the conference was "Yoga for Public Health". More than 850 experts from Yoga and Allied Sciences including delegates and Yoga enthusiasts from India and abroad participated in the Conference. The aim of the conference was to further the cause of Yoga in the field of public health and to encourage wide scale research in the field and also highlighting the latest research trends in the domain of Yoga.

This booklet intends to give a brief overview about Yoga and Yogic practices to orient one towards comprehensive health and wellness for an individual and the community. Apart from 45 minutes common Yoga Protocol, a provision has been made for leading Yoga institutions to incorporate 15 minutes Institutional Yogic practices e.g. Prāṇāyāma, Yoga Nidra, Dhyāna, Satsaṅg, etc. before Saṅkalpa as deemed fit.

What is Yoga?

Yoga is essentially a spiritual discipline based on an extremely subtle science which focuses on bringing harmony between mind and body. It is an art and science for healthy living. The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to join", "to yoke" or "to unite". According to Yogic scriptures, the practice of Yoga leads to the union of an individual consciousness with the universal consciousness. According to modern scientists, everything in the universe is just a manifestation of the same quantum firmament. One who experiences this oneness of existence is said to be "in Yoga" and is termed as a yogi who has attained a state of freedom, referred to as *mukti*, *nirvāna*, *kaivalya* or *mokṣa*.

"Yoga" also refers to an inner science comprising of a variety of methods through which human beings can achieve union between the body and mind to attain self-realisation. The aim of Yoga practice (*sādhana*) is to overcome all kinds of sufferings that lead to a sense of freedom in every walk of life with holistic health, happiness and harmony.

Brief history and development of Yoga

The science of Yoga has its origin thousands of years ago, long before the first religion or belief systems were born. The seers and sages carried this powerful Yogic science to different parts of the world including Asia, the Middle East, northern Africa and South America. Interestingly, modern scholars have noted and marvelled at the close parallels found between ancient cultures across the globe. However, it was in India that the Yogic system found its fullest expression. Agastya, the saptarishi, who travelled across the Indian subcontinent, crafted this culture around a core Yogic way of life.

Yoga is widely considered as an "immortal cultural outcome" of

the Indus Saraswati Valley Civilisation - dating back to 2700 BC - and has proven itself to cater to both material and spiritual upliftment of humanity. A number of seals and fossil remains of Indus Saraswati Valley Civilisation with Yogic motifs and figures performing *Yoga sādhana* suggest the presence of Yoga in ancient India. The seals and idols of mother Goddess are suggestive of *Tantra* Yoga. The presence of Yoga is also available in folk traditions, Vedic and Upanishadic heritage, Buddhist and Jain traditions, *Darshanas*, epics of *Mahabharata* including *Bhagawadgita* and *Ramayana*, theistic traditions of *Shaivas*, *Vaishnavas* and *Tantric* traditions. Though Yoga was being practiced in the pre-Vedic period, the great sage Maharishi Patanjali systematised and codified the then existing Yogic practices, its meaning and its related knowledge through Patanjali's *Yoga Sutras*.

After Patanjali, many sages and Yoga masters contributed greatly for the preservation and development of the field through well documented practices and literature. Yoga has spread all over the world by the teachings of eminent Yoga masters from ancient times to the present date. Today, everybody has conviction about Yoga practices towards prevention of diseases, and promotion of health. Millions of people across the globe have benefitted by the practice of Yoga and the practice of Yoga is blossoming and growing more vibrant with each passing day.

The Fundamentals of Yoga

Yoga works on the level of one's body, mind, emotion and energy. This has given rise to four broad classifications of Yoga: *Karma Yoga* where we utilise the body; *Jñāna Yoga* where we utilise the lighter mind; *Bhakti Yoga* where we utilise the emotion and *Kriyā* Yoga where we utilise the energy. Each system of Yoga we practice falls within the gamut of one or more of these categories.

Every individual is a unique combination of these four factors. Only a *Guru* (teacher) can advocate the appropriate combination of the four fundamental paths as it is necessary for each seeker. All ancient commentaries on Yoga have stressed that it is essential to work under the direction of a *Guru*.

Traditional schools of Yoga

The different philosophies, traditions, lineages and *Guru-shishya paramparas* of Yoga led to the emergence of different traditional schools. These include *Jñāna Yoga*, *Bhakti Yoga*, *Karma Yoga*, *Pātanjala Yoga*, *Kuṇḍalini Yoga*, *Haṭha Yoga*, *Dhyāna Yoga*, *Mantra Yoga*, *Laya Yoga*, *Rāja Yoga*, *Jain Yoga*, *Bouddha Yoga* etc. Each school has its own approach and practices that lead to the ultimate aim and objectives of Yoga.

Yogic practices for health and wellness

The widely practiced Yoga sadhanas are: *Yama*, *Niyama*, *Āsana*, *Prāṇāyāma*, *Pratyāhāra*, *Dhāraṇā*, *Dhyāna*, *Samādhi*, *Bandhās* and *Mudrās*, *Ṣaṭkarmas*, *Yuktāhāra*, *Mantra-japa*, *Yukta-karma* etc.

Yamas are restraints and *Niyamas* are observances. These are considered to be pre-requisites for further Yoga practice. *Āsanās*, capable of bringing about stability of body and mind, "*kuryat-tadāsanam- sthairyam*", involve adopting various psycho-physical body patterns and giving one an ability to maintain a body position (a stable awareness of one's structural existence) for a considerable length of time.

Prāṇāyāma consists of developing awareness of one's breathing followed by willful regulation of respiration as the functional or vital basis of one's existence. It helps in developing awareness of one's mind and helps to establish control over the mind. In the initial stages, this is done by developing awareness of the "flow of

in-breath and out-breath" (*śvāsa-praśvāsa*) through nostrils, mouth and other body openings, its internal and external pathways and destinations. Later, this phenomenon is modified, through regulated, controlled and monitored inhalation (*śvāsa*) leading to the awareness of the body space getting filled (*pūraka*), the space(s) remaining in a filled state (*kumbhaka*), and it getting emptied (*recaka*) during regulated, controlled and monitored exhalation(*praśvāsa*).

Pratyāhāra indicates dissociation of one's consciousness (withdrawal) from the sense organs which connect with the external objects. *Dhāranā* indicates broad based field of attention (inside the body and mind) which is usually understood as concentration. *Dhyāna* (meditation) is contemplation (focused attention inside the body and mind) and *Samādhi* (being constant).

Bandhas and *Mūdras* are practices associated with *Prāṇāyāma*. They are viewed as the higher yogic practices that mainly adopt certain physical gestures along with control over respiration. This further facilitates control over mind and paves the way for a higher Yogic attainment. However, practice of *dhyāna*, which moves one towards self-realisation and leads one to transcendence, is considered the essence of *Yoga Sādhana*.

Ṣaṭkarmas are detoxification procedures that are clinical in nature and help to remove the toxins accumulated in the body. *Yuktāhāra* advocates appropriate food and food habits for healthy living.

Mantra Japa: Japa is the meditative repetitions of a mantra or a divine consciousness. Mantra Japa produce positive mental tracts, helping us to gradually overcome stress.

Yukta-karma advocates right karmas or actions for a healthy living.

General Guidelines for Yoga Practice

Yoga practitioner should follow the guiding principles given below while performing Yogic practices:

BEFORE THE PRACTICE:

- *Śauca* means cleanliness - an important prerequisite for Yoga practice. It includes cleanliness of surroundings, body and mind.
- Yoga practice should be performed in a calm and quiet atmosphere with a relaxed body and mind.
- Yoga practice should be done on an empty stomach or light stomach. Consume small amount of honey in lukewarm water if you feel weak.
- Bladder and bowels should be empty before starting Yogic practices.
- A mattress, Yoga mat, *durrie* or folded blanket should be used for the practice.
- Light and comfortable cotton clothes are preferred to facilitate easy movement of the body.
- Yoga should not be performed in a state of exhaustion, illness, in a hurry or in an acute stress conditions.
- In case of chronic disease/ pain/ cardiac problems, a physician or a Yoga therapist should be consulted prior to performing Yogic practices.
- Yoga experts should be consulted before doing Yogic practices during pregnancy and menstruation.

DURING THE PRACTICE:

- Practice sessions should start with a prayer or an invocation as it creates a conducive environment to relax the mind.
- Yogic practices shall be performed slowly, in a relaxed manner, with awareness of the body and breath.
- Do not hold the breath unless it is specially mentioned to do so during the practice.
- Breathing should be always through the nostrils unless instructed otherwise.
- Do not hold the body tight or give undue jerks to the body.

- Perform the practices according to one's capacity.
It takes some time to get good results, so persistent and regular practice is very essential.
- There are contra-indications/ limitations for each Yoga practice and such contra-indications should always be kept in mind.
- Yoga session should end with meditation/ deep silence / Sankalpa / *Śānti pāṭha* etc.

AFTER PRACTICE:

- Bath may be taken only after 20-30 minutes of Yoga practice.
- Food may be consumed only after 20-30 minutes of Yoga practice.

FOOD FOR THOUGHT

A few dietary guidelines can ensure that the body and mind are flexible and well-prepared for Yoga practice. A vegetarian diet is usually recommended, and for a person over 30 years, two meals a day should suffice, except in cases of illness or very high physical activity or labour.

HOW YOGA CAN HELP

Yoga is essentially a path to get liberated from all the bondages. However, medical research in recent years has uncovered many physical and mental benefits that Yoga offers, corroborating the experiences of millions of practitioners. A small sampling of research shows that:

- Yoga is beneficial for physical fitness, musculoskeletal functioning and cardio-vascular health.
It is beneficial in the management of diabetes, respiratory disorders, hypertension, hypotension and many lifestyle related disorders.
- Yoga helps to reduce depression, fatigue, anxiety disorders and stress.
- Yoga helps to regulate menstrual and menopausal symptoms.
- In essence, Yoga is a process of creating body and mind that are stepping-stones, not hurdles, to an exuberant and fulfilling life.

1. INVOCATION

Yogic Practice shall start with a prayer or prayerful mood to enhance the benefits of practice.

- ॐ संगच्छध्वं संवदध्वं
सं वो मनांसि जानताम्
देवा भागं यथा पूर्वे
सञ्जानाना उपासते ॥
- ॐ Saṁgacchadhvaṁ saṁvadadhvaṁ
saṁ vo manāṁsi jānatām
devā bhāgaṁ yathā pūrve
sañjānānā upāsate ॥



May you move in harmony; may you speak in unison; let our mind be equanimous like in the beginning; let the divinity manifest in your sacred endeavours.

2. SADILAJA/CĀLANA KRIYĀS / LOOSENING PRACTICES

The Cālana Kriyās/loosening practices/Yogic Sūkṣma Vyāyāmas help to increase microcirculation. These practices can be done while standing and sitting.

I. NECK BENDING (Grivā Śakti Vikāsaka)

Sthiti: Samasthiti (Alert Posture)

Technique

Stage i: (Forward and Backward Bending/Stretching)

- ◆ Stand with the feet 2-3 inches apart.
- ◆ Keep the hands straight beside the body.
- ◆ This is **Samasthiti**. This is also called **Tāḍāsana**.
- ◆ Keep your palms on the waist.
- ◆ While exhaling, move the head forward slowly and try to touch the chin to the chest.
- ◆ While inhaling, move the head up and bend back comfortably.
- ◆ This is one round: repeat 2 more rounds.



Stage - ii : (Right and Left bending/Stretching)

- ◆ While exhaling, bend the head slowly to the right; bring the ear as close as possible to the shoulder without raising the shoulder.
- ◆ While inhaling, bring the head to the normal position.
- ◆ Similarly, while exhaling bend the head to the left side.
- ◆ Inhale and bring the head up to normal position.
- ◆ This is one round: repeat 2 more rounds.



Stage - iii : (Right and Left Twisting)

- ◆ Keep the head upright.
- ◆ While exhaling, gently turn the head to the right so that the chin is in line with the shoulder.
- ◆ While inhaling, bring the head to the normal position.
- ◆ Similarly, while exhaling, turn the head to the left.
- ◆ Inhale and bring the head to the normal position.
- ◆ This is one round: repeat 2 more rounds.



Stage iv: Neck Rotation

- ◆ Exhale; bend the head forward to touch the chin to the chest.
- ◆ Inhale; slowly rotate the head clockwise in a circular motion, exhale while coming down
- ◆ Do a full rotation.
- ◆ Then rotate the head in an anti-clockwise direction.
- ◆ Inhale; go back and exhale, come down.
- ◆ This is one round: repeat 2 more rounds.



Note:

- ◆ Move the head as far as possible. Do not over strain.
- ◆ Keep the shoulders relaxed and steady.
- ◆ Feel the stretch around the neck and loosening up of the joints and muscles of the neck.

- ◆ Can also be practiced sitting on a chair.
- ◆ People with neck pain can do the practice gently especially when taking the head back to the extent it is comfortable.
- ◆ Elderly people and persons with chronic cervical spondylitis may avoid these practices.

II. SHOULDER'S MOVEMENT

Sthiti: Samasthiti (Alert Posture)

Stage i: (Shoulder's Stretch)

Technique:

- ◆ Keep the feet together, the body straight and the arms by the sides.
- ◆ While inhaling; raise your both arms sideways above your head with the palm outward.
- ◆ Exhale and bring it down in the same manner.
- ◆ Palms must be opened, with fingers together.



Stage ii: Skandha Cakra (shoulder Rotation)

- ◆ Stand erect.
- ◆ Place the fingers of left hand on the left shoulder and the fingers of right hand on the right shoulder.
- ◆ Full rotation of the both elbows in a circular manner.
- ◆ Inhale and raise your elbows & bring them back when you exhale.
- ◆ Try to touch the elbows in front of the chest on the forward movement, stretch the elbows back in the backward movement and touch the side of the trunk while coming down.
- ◆ Repeat this 2 times rotating from front to back.
- ◆ Do the same in reverse manner. Inhale while raising the elbows & exhale while bringing them down.



Benefits:

- ◆ Practice of this Yogic kriyā makes the bones, muscles and nerves of the neck and shoulder healthy.
- ◆ These practices are helpful in cervical spondylosis and frozen shoulder.

III. TRUNK MOVEMENT (Kaṭiśakti Vikāśaka)

Sthiti: *Samasthiti* (Alert Posture)

Technique

- ◆ Keep the legs about 2-3 feet apart.
- ◆ Raise both the arms up to shoulder level with palms facing each other and keep them parallel.
- ◆ While exhaling, twist the body towards the left side so that the right palm touches the left shoulder, come back with inhalation.
- ◆ While exhaling, twist the body towards the right side so that the left palm touches the right shoulder, come back with inhalation.
- ◆ This is one round: repeat it two more times.
- ◆ Relax in *Samasthiti*.



Note:

- ◆ Do it slowly with coordination of breathing.
- ◆ Cardiac patients shall do with care.
- ◆ Avoid this practice in case of severe back pain, vertebral and intervertebral disc disorders and during menstruation.

IV. KNEE MOVEMENT

Sthiti: *Samasthiti* (Alert Posture)

Technique

- ◆ Inhale; lift your arms up to the shoulder level, palms facing downwards.
- ◆ Exhale; bend the knees and bring down the body to the semi squatting position.
- ◆ In the final position, both the arms and thighs should be parallel to the ground.
- ◆ Inhale; and straighten the body.
- ◆ Exhale while bringing down the hands.
- ◆ Repeat it two more times.



Note:

- ◆ Helps to strengthen knees and hip joints.
- ◆ Avoid this asana in case of acute conditions of arthritis.

3. YOGĀSANAS

A. STANDING POSTURES

TĀḌĀSANA (Palm Tree Posture)

Tāḍa means palm tree or mountain. This asana teaches one to attain stability and firmness and forms the base for all the standing asana.

Technique

- ◆ Stand with feet 2 inches apart.
- ◆ Inhale, lift your arms up to the shoulder level in the front.
- ◆ Interlock the fingers, and turn the wrist outwards. Now inhale, raise the arms up above your head.
- ◆ Raise the heels off the floor and balance on the toes as you raise your arms. Stay in this position for 10-30 seconds.
- ◆ Bring the heels down.
- ◆ Exhale, release the interlock of the fingers and bring the arms down and come back to standing posture.



Benefits

- ◆ This *āsana* brings stability in the body, helps to clear up congestion of the spinal nerves and corrects faulty posture.

Caution

- ◆ Avoid lifting the heels in case of arthritis, varicose veins and vertigo.

VR̥KṢĀSANA (The Tree Posture)

Vṛkṣa means tree. The final position of this *āsana* resembles the shape of a tree, hence the name.

Technique

- ◆ Stand with feet 2 inches apart.
- ◆ Focus on a point in front.
- ◆ Exhale, hold and bend the right leg then place the foot on the inner side of the left thigh. The heel should be touching the perineum region.
- ◆ Inhale and extend the arms up and join the palms together for Namaskar Mudra.
- ◆ Stay in the position for 10 to 30 seconds and breathe normally.
- ◆ Exhale bring the arms down. Release the right leg and bring it to initial position.
- ◆ Repeat this *āsana* from the left side also.



Benefits

- ◆ Helps to improve neuro-muscular coordination, balance, endurance, alertness and concentration.

Caution

- ◆ Please avoid this practice in case of arthritis, vertigo.

PĀDA-HASTĀSANA (The Hands to Feet Posture)

Pāda means feet, *hasta* means hands. Therefore, *Pāda Hastāsana* means keeping the palms down towards the feet. This is also referred as *Uttānāsana*.

Technique

- ◆ Stand straight with feet 2 inches apart.
- ◆ Inhale slowly and raise the arms up.
- ◆ Stretch up the body from the waist.
- ◆ Exhale and bend forward until both palms rest on the ground.
- ◆ Stretch the back, to make it straight as much as possible.
- ◆ Maintain this final posture for 10-30 seconds with normal breathing.
- ◆ Those who are suffering with stiff back should bend according to their capacity.
- ◆ Now inhale, come up slowly to the upright position and stretch the arms straight above the head.
- ◆ Exhale, slowly return to the starting position in the reverse order.
- ◆ Relax in *Samasthiti*.



Benefits

- ◆ Makes the spine flexible, improves digestion, and helps in overcoming menstrual problems.

Caution

- ◆ Please avoid this practice in case of cardiac disorders, vertebral and disc disorders, abdominal inflammation, hernia and ulcers, glaucoma, myopia, vertigo.

ARDHA CAKRĀSANA (The Half Wheel Posture)

Ardha means half, *Cakra* means wheel. In this posture, as the body takes the shape of a half wheel, hence it is called *Ardha Cakrāsana*.

Technique

- ◆ Stand straight with feet 2 inches apart.
- ◆ Support the back at the sides of the waist with the fingers.
- ◆ Try to keep the elbows parallel.
- ◆ Drop the head backwards stretching the neck muscles.
- ◆ As you inhale, bend backwards from the lumbar region; exhale and relax.
- ◆ Stay here for 10-30 seconds with normal breathing.
- ◆ Inhale and slowly come up.



Benefits

- ◆ Ardha Cakrāsana makes the spine flexible and strengthens the spinal nerves and muscles.
- ◆ Helps in management of cervical spondylosis.

Caution

- ◆ Avoid this posture in case of vertigo or a tendency to giddiness.
- ◆ Hypertensive patients should bend with care.

Yoga for Harmony & Peace

TRIKOṆĀSANA (The Triangle Posture)

Trikoṇā means triangle. *Tri* means three and *koṇa* means an angle. As the āsana resembles the triangle made by the trunk, arms and legs, hence the name *Trikoṇāsana*.

Technique

- ◆ Stand with your feet with 3 feet apart.
- ◆ Inhale slowly raise both the arms sideways upto shoulder level.
- ◆ Turn the right foot towards right side.
- ◆ Exhale, slowly bend to the right side and place the right hand fingers just behind the right foot.
- ◆ The left arm straight in line the right arm.
- ◆ Turn the left palm forward.
- ◆ Turn your head and gaze at the tip of the left middle finger.
- ◆ Remain in the posture for 10-30 seconds with normal breathing.
- ◆ Inhale, slowly come up.
- ◆ Repeat the same procedure from the left side.

Benefits

- ◆ Makes the spine flexible, Strengthens calf, thigh and waist muscles and improves lungs capacity.

Caution

- ◆ Avoid this posture in case of slipped disc, sciatica, and after undergoing abdominal surgery.
- ◆ Do not try beyond limits and over do the lateral stretch.
- ◆ If one cannot touch the feet, one can reach for the knees instead.



B. SITTING POSTURES

BHADRĀSANA (The Firm/Auspicious Posture)

Bhadra means firm or auspicious.

Sthiti: Long sitting posture (*Viśrāmāsana*)

- ◆ Sit erect with both the legs stretched forward.
- ◆ Support the back with hands. Body should be relaxed totally. This is *Viśrāmāsana*.

Technique

- ◆ Sit straight with legs stretched out in the front.
- ◆ Keep the hands beside the hips and palms resting on the floor. This is ***Daṇḍāsana***.

- ◆ Now put the soles of your feet together.
- ◆ Exhale and clasp your hands together over your toes. Inhale, pull your heels as close as possible up to perineum region. If your thighs are not touching or are not close to the floor, place a soft cushion underneath the knees for support.

- ◆ This is the final position.
- ◆ Stay in this position for sometime with normal breathing.

Benefits

- ◆ Helps to keep the body firm and stabilizes the mind.
- ◆ Helps during pregnancy and relieves abdominal pain often experienced during menstruation.

Caution

- ◆ Avoid this practice in case of severe arthritis and sciatica.



Yoga for Harmony & Peace

VAJRĀSANA (Thunderbolt Posture)

This is considered as one of the meditative posture. While practicing it for meditative purposes, one should close his/her eyes at the final stage.

Sthiti: Daṇḍāsana.

Technique

- ◆ Sit with extended legs together, hands by the side of the body, palm resting on the ground, fingers pointing forward.
- ◆ Fold the right leg at the knee and place the foot under the right buttock.
- ◆ Similarly folding the left leg, place left foot under the left buttock.
- ◆ Place both the heels so that the big toes touch each other.
- ◆ Position of the buttocks is in the space between the heels.
- ◆ Keep both hands on respective knees.
- ◆ Keep the spine erect, gaze in front or close the eyes.
- ◆ While returning to the starting position, bend a little towards right side, take out your left leg and extend it.
- ◆ Similarly extend your right leg and return to the starting position.
- ◆ Relax in Viśrāmāsana.



Benefits

- ◆ This *āsana* is good for digestion, strengthens thigh muscles and calf muscles.

Caution

- ◆ Persons suffering from piles should not practise this *āsana*.
- ◆ Those who are suffering from knee pain and ankle injury should avoid this practice.

ARDHA UṢṬRĀSANA (The Half Camel Posture)

Sthiti: Long sitting posture (Viśrāmāsana)

Uṣṭrā means camel. The final version of this āsana resembles the hump of a camel. In this version, only the first stage (half) of the āsana is being practiced.

Technique

- ◆ Sit in Viśrāmāsana.
- ◆ Come to Daṇḍāsana.
- ◆ Fold your legs and sit in Vajrāsana.
- ◆ Stand on your knees.
- ◆ Place the hands on the hips with fingers pointing downwards.
- ◆ Keep the elbows and shoulders parallel.
- ◆ Bend the head back and stretch the neck muscles; inhale and bend the trunk backwards as much as possible. Now exhale and relax.
- ◆ Keep the thighs perpendicular to the ground.
- ◆ Remain in the posture for 10-30 seconds with normal breathing.
- ◆ Return with inhalation; sit in Vajrāsana.
- ◆ Relax in Viśrāmāsana.



Benefits

- ◆ It helps to strengthen back and neck muscles.
- ◆ Relieves constipation and back pain.
- ◆ Increases blood circulation to the head and cardiac region.

Caution

- ◆ In case of hernia and abdominal injuries, arthritis and vertigo please avoid doing this āsana.

UᅒTRĀSANA (Camel Posture)

Uᅒtra means camel. The body in this pose resembles a camel, hence the name.

Sthiti: Vajrāsana

Technique

- ◆ Sit in Vajrāsana.
- ◆ Bring the knees and the feet about few inches apart and stand on your knees.
- ◆ While inhaling bend backward place the right palm on right heel and left palm on left heel and exhale.
- ◆ Be careful not to jerk the neck while bending backward.
- ◆ In final position, thighs will be vertical to the floor and head tilted backwards.
- ◆ Weight of the body should be evenly distributed on the arms and legs.
- ◆ Remain in the posture for 10-30 seconds with normal breathing.
- ◆ Return with inhalation; sit in Vajrāsana.
- ◆ Relax in Viśrāmāsana.

Benefits

- ◆ *Uᅒtrāsana* is extremely useful for defective eyesight.
- ◆ This is useful in relieving back and neck pain.
- ◆ It helps to reduce fat over the abdomen and hips.
- ◆ It is helpful in digestive problems and cardio-respiratory disorders.

Caution

- ◆ Those suffering from heart diseases or hernia should not practice it.



ŚAŚAKĀSANA (The Hare Posture)

Śaśaka means hare. The body in this pose resembles the hare, hence the name.

Sthiti: Daṇḍāsana.

Technique

- ◆ Sit in Vajrāsana.
- ◆ Spread both the knees wide apart, keep the big toes touching.
- ◆ Inhale keep the palms between the knees.
- ◆ Exhale, bend forward with arms outstretched and place the chin on the ground.
- ◆ Keep the arms parallel.
- ◆ Look in front and maintain the posture.
- ◆ and come up.
- ◆ Come back to Vajrāsana.
- ◆ Come to Daṇḍāsana and rest in Viśrāmāsana.



Benefits

- ◆ Helps to reduce stress and anxiety.
- ◆ Tones up reproductive organs, relieves constipation, improves digestion and helps to relieve back pain.

Caution

- ◆ Please avoid this posture in case of acute backache.
- ◆ Patients with osteoarthritis of the knees should avoid Vajrāsana.

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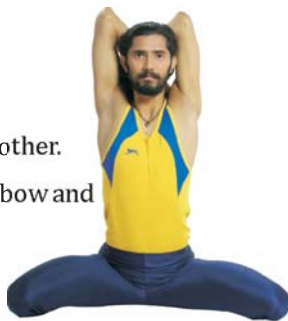
UTTĀNA MAṆḌŪKĀSANA (Stretched up-frog posture)

Uttāna means upright and *Maṇḍūka* means frog. The final position of *Uttāna Maṇḍūkasana* resembles an upright frog, hence the name.

Sthiti:Daṇḍāsana.

Technique

- ◆ Sit in Vajrāsana
- ◆ Spread both the knees wide apart while big toes touching each other.
- ◆ Raise your right arm, fold it from elbow and take it backward above the left shoulder and place the palm on the left shoulder blade.
- ◆ Now fold left arm similarly and place the palm on the right shoulder blade.
- ◆ Maintain the position for a while, then come back slowly in the reverse order.
- ◆ Relax in Viśrāmāsana.



Benefits

- ◆ This āsana is helpful in back and neck pain especially cervical spondylosis.
- ◆ Improves the diaphragmatic movements and lungs capacity.

Caution

- ◆ Person with severe knee joint pain should not perform it.

VAKRĀSANA (The Spinal Twist Posture)

Vakra means twisted. In this *āsana*, the spine is twisted which has a rejuvenating effect on its functioning.

Sthiti: Daṇḍāsana

Technique

- ◆ Bend the right leg and place the right foot beside the left knee.
- ◆ Bring the left arm around the right knee and clasp the right big toe or place the palm beside right foot.
- ◆ Take the right arm back and keep the palm on the ground with the back straight.
- ◆ Exhale, twist your body to the right.
- ◆ Remain in the posture for 10-30 seconds with normal breathing and relax.
- ◆ Inhale take out your hands and exhale to relax.
- ◆ Repeat the same on the other side.

Benefits

- ◆ Helps to increase flexibility of the spine, stimulates pancreas functions and helps in the management of diabetes.

Caution

- ◆ Please avoid this posture in case of acute back pain, spinal disorders, after abdominal surgery and during menstruation.

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C. PRONE POSTURES

MAKARĀSANA (The Crocodile Posture)

In Sanskrit, *Makara* means crocodile. In this *āsana*, the body resembles the crocodile, hence the name.

Sthiti: Prone relaxation posture

Technique

- ◆ Lie down on your stomach with feet wide apart, toes pointing outward.
- ◆ Bend both the arms and place the right palm on the left palm.
- ◆ Place the head either left or right on your hands.
- ◆ Keep the eyes closed and relax the whole body. This is Makarāsana.
- ◆ This āsana is practiced for relaxation in all prone postures.

Benefits

- ◆ Promotes relaxation of the whole body.
- ◆ Helps in recovery of back problems.
- ◆ Indicated to counter stress and anxiety.

Caution

- ◆ Avoid this practice in case of pregnancy and frozen shoulders.

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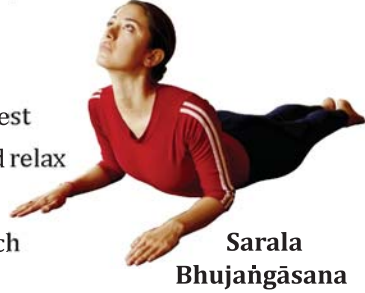
BHUJAṄĀSANA (The Cobra Posture)

Bhujaṅga means snake or cobra. In this *āsana*, the body is raised like the hood of the snake, hence the name.

Stithi: Prone posture or Makarāsana

Technique

- ◆ Lie down on your stomach, rest your head on your hands and relax the body.
- ◆ Now join your legs and stretch your arms.
- ◆ Keep the forehead on the ground.
- ◆ Now place your hands just beside the body; keep palms and elbows on the ground.
- ◆ As you inhale slowly, lift the head and chest up to navel region without changing in the position of hands.
- ◆ Stay there comfortably.
- ◆ This is called Sarala Bhujaṅgāsana.
- ◆ Now come back and place your forehead on the ground.
- ◆ Keep your palms besides the chest and raise your elbows where they are.
- ◆ Inhale, slowly lift the head and chest up to navel region.
- ◆ Keep the elbows parallel and maintain the posture for 10-30 seconds with normal breathing.
- ◆ This is Bhujaṅgāsana.
- ◆ Exhale, rest your forehead on the ground, come back to Makarāsana and relax.



Note:

- ◆ Keep the legs firm so that no load or strain is felt on the lumbar spine.

Benefits

- ◆ This *āsana* relives stress, reduces abdominal fat and relives constipation.
- ◆ Helps to relieve backache and bronchial problems.

Caution

- ◆ Those who have undergone abdominal surgery should avoid this *āsana* for 2-3 months.
- ◆ Those who suffer from hernia, ulcers should not practice this *āsana*.

ŚALABHĀSANA (The Locust Posture)

Śalabha means a locust.

Sthiti: Prone posture or Makarāsana

Technique

- ◆ Lie down on your stomach in *Makarāsana*.
- ◆ Rest the chin on the floor, keep both hands beside the body, palms facing upwards.
- ◆ Inhale, raise the legs off the floor as much as you can without bending the knees.
- ◆ Extend the arms and legs well to ease lifting the body off the floor.
- ◆ Stay in this position for 10-30 seconds breathing normally.
- ◆ Exhale, bring the legs down towards the floor.
- ◆ Rest for a few seconds in *Makarāsana*.



Note:

- ◆ Pull up the knee caps and squeeze the buttocks to improve the posture. This *āsana* is more beneficial when performed after *Bhujāṅgāsana*

Benefits

- ◆ Relieves in sciatica and lower backache.
- ◆ Helps to reduce fat in the thighs and buttocks, good in weight management.
- ◆ Helps to improve lungs capacity.

Caution

- ◆ Please proceed cautiously in case of severe lower back pain.
- ◆ People with high blood pressure, peptic ulcer and hernia should also avoid this posture.

D. SUPINE POSTURES

SETUBANDHĀSANA (The Bridge Posture)

Setubandha means formation of bridge. In this posture, the body is positioned like a bridge, hence the name. This is also called as **Catuspādāsana**.

Sthiti: Supine lying or Śavāsana.

Technique

- ◆ Bend both the legs at the knees and bring the heels near the buttocks.
- ◆ While holding both the ankles firmly keep the knees and feet in one straight line.
- ◆ Inhale, slowly raise your buttocks and trunk up as much as you can to form bridge.
- ◆ Remain in this position for 10-30 seconds, with normal breathing.
- ◆ Exhale, slowly return to the original position and relax in Śavāsana.



Note

- ◆ In the final position, the both shoulders, neck and head remain in contact with the floor.

- ◆ If required, in the final position, you can support your body at the waist with your hands.

Benefits

- ◆ Relieves depression, anxiety and strengthens lower back muscles.
- ◆ Stretches abdominal organs, improves digestion and helps to relieve constipation.

Caution

- ◆ People suffering from ulcer and hernia etc. should not practice this āsana.

UTTĀNA PĀDĀSANA (Raised feet posture)

Uttāna means raised-upward and *Pāda* means leg. In this āsana, the legs are raised upward in supine position, hence the name.

Technique

- ◆ Lie comfortably on the ground with legs stretched out. Hands should be placed by the sides.
- ◆ While inhaling, slowly raise both the legs without bending them at the knees and bring them to 30° angle with the ground.
- ◆ Maintain the position for 10-30 seconds with normal breathing.
- ◆ Exhale, slowly bring both the legs down and place them on the ground.
- ◆ Relax in Śavāsana.

Benefits

- ◆ It balances the navel centre (*Nābhi, Maṇipuracakra*).
- ◆ It is helpful in relieving abdominal pain, flatulence, indigestion and diarrhea.
- ◆ It strengthens the abdominal and pelvic floor muscles.
- ◆ Effective in overcoming depression and anxiety.



Caution

- ◆ People with hypertension and back pain shall practice it with one leg alternatively without holding the breath.

ARDHA HALĀSANA (Half plough posture)

'Ardha' means half and 'Hala' means plough. This posture is known as *Ardha Halāsana* because in its final position, the body resembles half the shape of an Indian plough.

Technique

- ◆ Take supine position, keep hands besides the body and palms resting on the ground.
- ◆ Inhale, slowly raise your legs together without bending knees and bring them upto at 90° angle with the ground.
- ◆ The body from hips to shoulder should be kept straight.
- ◆ Maintain this position comfortably for 10-30 seconds with normal breathing.
- ◆ Exhale, slowly bring the legs down to the ground without lifting the head.
- ◆ Relax in Śavāsana.



Benefits

- ◆ This āsana relieves constipation, beneficial for Hypertensive patients but needs to be practiced under supervision.

Caution

- ◆ Those who have lumbosacral (lower back) pain should not perform with both legs together.
- ◆ Avoid this practice in case of abdominal injuries, hernia etc.

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PAVANA MUKTĀSANA (The Wind Releasing Posture)

Pavana means wind and *mukta* means to release or to make free. As the name suggests, this *āsana* is useful in removing wind or flatulence from the stomach and intestines.

Sthiti: Śavāsana

Technique

- ◆ Lie down flat on the back.
- ◆ Bend both the knees.
- ◆ Exhale, bring both the knees towards the chest.
- ◆ Inhale, interlock the fingers and clasp the shin below knees.
- ◆ Exhale, raise the head till your chin touches the knees and relax.
- ◆ This is *Pavanamuktāsana*.
- ◆ Bring the head back to the ground.
- ◆ While exhaling, bring the legs back to the floor.
- ◆ Rest in *Śavāsana*



Note

- ◆ Synchronise your breathing with the leg movement.
- ◆ While touching the knee with the nose/ forehead, you should be able to feel the lumbar region stretch; keep the eyes closed and focus your attention on the pelvic and lumbar region.

Benefits

- ◆ Removes constipation; gives relief from flatulence, decreases the bloating sensation in the abdomen and aids digestion.
- ◆ Generates deep internal pressure, improves stretching of the highly complicated network of muscles, ligaments and tendons in the pelvis and waist region.
- ◆ It tones up the back muscles and spinal nerves.

Caution

- ◆ Please avoid this practice in case of abdominal injuries, hernia, sciatica, severe back pain and during pregnancy.

ŚAVĀSANA (The Corpse/ Dead Body Posture)

Sava means dead body. The final position in this *āsana* resembles a corpse/dead body.

Sthiti: Supine Relaxation Posture

Technique

- ◆ Lie down on your back with arms and legs comfortably apart.
- ◆ Palms facing upward, eyes closed.
- ◆ Relax the whole body consciously.
- ◆ Become aware of natural breath and allow it to become slow and shallow.
- ◆ Remain in the position till you feel refresh and relaxed.



Benefits

- ◆ Helps to relieve all kinds of tensions and gives rest to both body and mind.
- ◆ Relaxes the whole psycho-physiological system.
- ◆ The mind, which is constantly attracted to the outer world, takes a U-turn and moves inwards, thus gradually getting absorbed; as the mind turns quiet and absorbed, the practitioner remains undisturbed by the external environment.
- ◆ It is found very beneficial in the management of stress and its consequences.

4. KAPĀLABHĀTĪ

Sthiti: Any meditative posture .e.g. *Sukhāsana*/*Padmāsana*/*Vajrāsana*

Technique

- ◆ Sit in any comfortable posture.
- ◆ Close your eyes and relax the whole body
- ◆ Inhale deeply through both nostrils, expand the chest.

- ◆ Expel the breath with forceful contractions of the pelvic and abdominal muscles and inhale passively.
- ◆ Do not strain.
- ◆ Continue active/forceful exhalation and passive inhalation.
- ◆ Complete 30 rapid breaths, then then take a deep breath, exhale slowly and relax completely.
- ◆ This is one round of *Kapālabhāti*.
- ◆ Each round shall be followed by being still for a while.
- ◆ Repeat 2 more rounds.



Breathing: Forceful exhalation by contracting the abdominal muscles, without any undue movements in the chest and shoulder region. Inhalation should be passive throughout the practice.

Number of rounds: Beginners can practice up to 3 rounds of 20 rapid breaths each. The count and rounds can be increased gradually over a period of time.

Benefits

- ◆ Kapālabhāti purifies the frontal air sinuses; helps to overcome cough disorders.
- ◆ It is useful in treating cold, rhinitis, sinusitis, asthma and bronchial infections.
- ◆ It rejuvenates the whole body, and keeps the face glowing and vibrant.
- ◆ It strengthens the nervous system and tones up the digestive organs.

Caution

- ◆ Please avoid this practice in case of cardiac conditions, giddiness, high blood pressure, vertigo, chronic bleeding in the nose, epilepsy, migraine, stroke, hernia, gastric ulcer, pregnancy and during menstrual cycle.

5. PRĀṆĀYĀMA

NĀDĪŚODHANA or ANULOMA VILOMA PRĀṆĀYĀMA (Alternate Nostril Breathing)

The main characteristic feature of this *prāṇāyāma* is alternate breathing through the left and right nostrils without or with retention of breath (*kumbhaka*).

Sthiti: Any comfortable posture.

Technique

- ◆ Sit in any comfortable posture.
- ◆ Keep the spine and head straight with eyes closed.
- ◆ Relax the body with few deep breaths.
- ◆ Keep the left palm on the left knee in Jnāna mudra and the right palm should be in Nāsāgra mudra.
- ◆ Place the ring and small fingers on the left nostril and fold the middle and index finger. Place the right thumb on the right nostril.
- ◆ Open the left nostril, breathe in from the left nostril, close the left nostril with the small and ring fingers and release the thumb from the right nostril; exhale through the right nostril.
- ◆ Next, inhale through the right nostril. At the end of inhalation, close the right nostril, open the left nostril and exhale through it.
- ◆ This completes one round of the Nādiśodhana or Anuloma Viloma *Prāṇāyāma*
- ◆ Repeat for another 4 rounds.



Ratio and timing

- ◆ For beginners, the duration of inhalation and exhalation should be equal.
- ◆ Gradually make the ratio 1:2, inhalation: exhalation respectively.

Breathing

- ◆ Breath should be slow, steady and controlled. It should not be forced or restricted in anyway.

Benefits

- ◆ Induces tranquillity and helps to improve concentration.
- ◆ Increases vitality and lowers the level of stress and anxiety.
- ◆ It alleviates cough disorders.

ŚĪTALĪ PRĀṆĀYĀMA

Śitalī means cooling. It also means calm and passionless. As the name indicates this prāṇāyāma cools the mind-body. It is specially designed to reduce the body temperature. Practice of this prāṇāyāma brings harmony in the body system and calms the mind.

Technique

- ◆ Sit in Padmāsana or any other comfortable posture.
- ◆ Place the hand on the knees in Jñānamudrā or anjalimudrā.
- ◆ Roll the tongue from the sides to shape it as a tube
- ◆ Inhale through this tube shaped tongue, fill the lungs with air to their maximum capacity, take the tongue inside the mouth and close the mouth.
- ◆ Then slowly exhale through both the nostrils.
- ◆ This is one round of Śitalī prāṇāyāma.
- ◆ Repeat it 4 more times.



Benefits

- ◆ It has cooling effect on body and mind.
- ◆ It is beneficial for persons suffering from high blood pressure.
- ◆ It satisfies thirst and appeases hunger.
- ◆ It relieves indigestion and disorders caused by phlegm (cough) and bile (pitta)
- ◆ It destroys the disorders of gulma (chronic dyspepsia) and spleen or other related diseases (H.P 2/58).
- ◆ It is beneficial for skin and eyes.

Caution

- ◆ Those who are suffering from severe cold, cough or tonsillitis should not do this Pranayama.

BHRĀMARĪ PRĀṆĀYĀMA (BHRĀMARĪ RECAKA)

Bhrāmarī is derived from *bhramara* which means black bee. During the practice of this *prāṇāyāma*, the sound produced resembles the buzzing of a black bee, hence the name.

Sthiti: Any comfortable posture.

Techniques: Type-I

- ◆ Sit in any comfortable posture with eyes closed.
- ◆ Inhale deeply through the nose.
- ◆ Exhale slowly in a controlled manner while making a deep, steady humming sound such as that of black bee. This is one round of *Bhrāmarī*.
- ◆ Repeat for 4 more rounds.
- ◆ This is simple version of *Bhrāmarī* Pranayama.



Type-II

- ◆ Sit in any comfortable posture with eyes closed
- ◆ Inhale deeply through the nose.
- ◆ Close the eyes with index fingers, place the middle finger side of nose, don't close it, mouth with ring and small fingers, ears from respective thumbs as shown in the figure. This is also called Śānmukhi Mudrā.
- ◆ Exhale slowly in a controlled manner while making a deep, steady humming sound such as that of black bee. This is one round of *Bhrāmarī*.
- ◆ Repeat it for 4 more rounds.



Benefits

- ◆ The practice of *Bhrāmarī* relives stress and helps in alleviating anxiety, anger and hyperactivity.
- ◆ The resonance effect of humming sound creates a soothing effect on the nervous system and mind.
- ◆ It is a great tranquiliser, found good in the management of stress related disorders.
- ◆ It is a useful preparatory prānāyāma for concentration and meditation.

Caution

- ◆ Please avoid this practice in case of nose and ear infections.

6. DHYĀNA

Dhyāna or meditation is an act of continuous contemplation.

Sthiti: Any comfortable posture.

Technique

- ◆ Sit in any comfortable posture.
- ◆ Keep your spine comfortably erect.
- ◆ Adopt *Jnāna mudra* or *Dhyana mudra* as in the figure.
- ◆ Touch the tip of the thumb to the tip of the index finger, forming a circle. The other three fingers are straight and relaxed. All three fingers are side-by-side and touching.



- ◆ Keep your palms facing upwards upon the thighs.
- ◆ Arms and shoulders should be loose and relaxed.
- ◆ Close your eyes and sit with a slightly upturned face.
- ◆ You need not concentrate. Just maintain a mild focus between the eyebrows and be conscious of your breath.
- ◆ Dissolve your thoughts and try to attain single and pure thought.
- ◆ Meditate.



Note

- ◆ For beginners, soothing music may be played in the background during meditation.
- ◆ Stay as long as you can.

Benefits

- ◆ Meditation is the most important component of Yoga practice.
- ◆ It helps the practitioner to eliminate negative emotions like fear, anger, depression, anxiety and to develop positive emotions.
- ◆ Keeps the mind calm and quiet.
- ◆ Increases concentration, memory, clarity of thought and willpower.
- ◆ Rejuvenates the whole body and mind giving them proper rest.
- ◆ Meditation leads to self-realisation.

7. SANKALPA

*Hame apne man ko hamesha santulit rakhana hai,
Isi main hi hamaraa atma vikas samaaya hai.
Main apne kartavya khud ke prati, kutumb ki prati, kaam,
samaj aur vishwa ke prati, shanti, anand
aur swasthya ke prachar ke liye baddh hun*

SAÑKALPA (End the Yoga Practice Session with a Sankalpa)

I commit myself to remain in a balanced state of mind all the time. It is in this state that my development reaches its greatest possibility. I commit to do my duty to self, family, at work, to society, and to the world, for the promotion of peace, health and harmony.

8. Śāntih Pātha

ॐ सर्वे भवन्तु सुखिनः, सर्वे सन्तु निरामयाः ।

सर्वे भद्राणि पश्यन्तु, मा कश्चिद्दुःखभागभवेत् ।

ॐ शान्तिः शान्तिः शान्तिः ॥

ॐ *Sarve Bhavantu Sukhinaḥ,
Sarve Santu Nirāmayāḥ
Sarve Bhadrāṇi Paśyantu,
Mā kaścit Duḥkha Bhāgbhavet*

ॐ *Śāntiḥ Śāntiḥ Śāntiḥ*

सब सुखी हो, सब निरोग हो ।
सब निरामय हो, सबका मंगल हो,
कोई दुखी: न हो ।

*May All become Happy, May All be Free from Illness.
May All See what is Auspicious, May no one Suffer.
Om Peace, Peace, Peace.*

Note: INSTITUTIONAL YOGA PRACTICES (IYP) 15 Minutes

(Preferably Prāṇāyāma, Dhyāna, Yoga Nidrā and Satsaṅga etc.)
Shall be introduced after the practice of Prāṇāyāma or Dhyāna /
Meditation Session but before the Sañkalpa

Textual References

1. **Prayer:** R̥gveda-10,191,2
2. **Sadilaja/Cālanakriyā/Yogic Sūkṣma Vyāyāma:** Also referred as Caaranaa in Hathatvatkaumudi- 9,13-16, Yogic Sukshma Vyayama of Swami Dheerendra Bhramhachari
3. **Tādāsana:** Also called as Taalaasana, Yogarahasya of Nathamuni, Kirana Tika, a commentary on Yoga sutras, Shri Yoga Kaustubha-25, SachitraCaurasi Asana-34, Yoga Asanas by Swami Shivananda.
4. **Vr̥ksāsana:** Gheraṇḍa Samhitā-ii,36, BrihadyogaSopana, Hathayoga Samhita-43, Yoga Marga Pradipa-11
5. **Pada-hastāsana/Uttānāsana:** Shri Yoga Kaustubha, Yogarahasya of Nāthamunī
6. **Ardha Cakrāsana:** Traditional Cakrasana has several varieties quite different from this which is practiced over the years
7. **Trikoṇāsana:** Yogarahasya-ii,20 of Nāthamunī
8. **Bhadrāsana:** Hathapradipika-i,53-54.
9. **Vajrāsana:** Gheraṇḍa Samhitā II-12,Haṭhayoga- Samhitā-Āsana- 20, Bṛhada Yoga Sopāna III-14, Sacitra Vyavahārika 16, Nārada Purāṇa-33-112
10. **Uṣṭrāsana:** Śrī Yoga Kaustibha, NagojiBhattaVritti on Yogasutra-ii. 46, GherandaSamhita - ii,41describes Ustrasana which is done lying in prone position
11. **Śāśakāsana:** Gheraṇḍa Samhitā-ii,12 calls it as Vajrāsana, Haṭhayoga Samhita, Bṛhada Yoga Sopāna, SachitraVyavaharika Yoga-16, Narāda Purāṇa-33-112, Bṛihannāradiya Purāṇa, Yogamārgapradīpa, Yoga Bija-90, Yogaśikṣopaniṣhad-I,111-112, Haṭharatnāvali-iii,9
12. **Uttāna Mandūkāsana:** Haṭhayoga- Samhitā -Āsana-42, Çré Yoga Kaustubha-58, Gheraṇḍa Samhitā II-35, Bṛhada Yoga Sopāna III-41, Sacitra Cauryayasin Asane 81
13. **Vakrāsana:** Easier version of Matsyendrasana (mentioned in Haṭhapradipikā) given by Swami Kuvalayananda in his book Asan
14. **Makarāsana:** Jaipur Central Meusum, with some variation in hands position.

15. **Bhujangāsana:** Gheraṇḍa Saṁhitā .ii.42, with some variation, Kiraṇa Tikā-ii. 46 on Yoga sūtra, Haṭha yoga Saṁhitā-49, Śrī Yoga Kaustubha-62, Yogamārgapradīpa-19, YogaRahasya of Nāthamunī-ii.14, Jaypur CentralMuseum-7174.
16. **Śalabāsana:** Gheraṇḍa Saṁhitā-ii.39, Brīhada Yoga Sopāna-iii46, Haṭhayoga Saṁhitā- 46, Yogamārgapradīpa-33.
17. **Setubandhāsana/Catuśpādāsana:** Yogarahasya of Nāthamunī.
18. **Uttāna Pādāsana:** Śrī Yoga Kaustubha-94
19. **Ardha Halāsana:** Yoga-rahasya II- 17
20. **Pavanamuktāsana:** Śrī Yoga Kaustubha. It is done in sitting as per Yoga Asanas-3, Sachitra cauryasin Asane-5-7, Shri Yoga Kaustubha-5, Kirana Tika-ii.46 on Yoga Sutra,
21. **Śavāsana:** Gheraṇḍa Saṁhitā-ii.19, Haṭhapradīpikā-i.32, Haṭharatnāvalī-iii.20,76, KapālaKurantakaHaṭhabhāśya Paddhatī-111, Yuktabhāvadeva-vi.21, Asanani-14, Yoga Siddhānta Chandrikā-ii.46, Śrītatva Nidhī-70, KiranaTikā on Yogasutra-ii.46, Brīhada Yoga Sopāna-iii.24, Haṭhapradīpika, ŚrīYoga Kaustubha-17.
22. **Kapālabhātī:** A variation of Bhastrikā Kumbhaka of Gheraṇḍa Saṁhitā-v.70-72, Kumbhaka Paddhatī-164-165, Haṭhapradīpikā, Haṭharatnāvalī-22-24, Haṭhatatvakaumudī-x.12-14, Yuktabhāvadeva-vii.110-118.
23. **Nāḍīśhodhana / Anuloma Viloma Prāṇāyāma:** Haṭhapradīpikā, It has visualization and internal retention breath. Additionally, Gheraṇḍa Saṁhitā-v.38-45 has time units for inhalation, retention and exhalation.
24. **Bhrāmari Prāṇāyāma :** Hathapradīpikā, Hatharatnāvalī-ii.26, Kumbhaka Paddhati- 169.
25. **Śitalī Prāṇāyāma:** Śiva Saṁhitā III-81-82, Gheraṇḍa , Saṁhitā V-69, Haṭhapradīpikā-II-57-58
26. **Dhyāna:** Yoga Sūtra of Patañjali III.2

Yoga for Harmony & Peace

International Day of Yoga

Yoga Geet (Yoga Song)

तन मन जीवन चलो संवारें
योग मार्ग अपनाएँ,
वैर भाव को त्याग सभी हम
गीत मिलन के गायें।

आनंदमय हो जीवन सबका
योग यही सिखलाये
हों तनाव भयमुक्त सभी जन
दिव्य प्रेम सरसाये।

यम और नियम हमारे सम्बल
सुखमय जगत बनाएँ,
आसन प्राणायाम ध्यान से
स्वास्थ्य शांति सब पाएँ!

ऊर्जावान बने सब साधक
संशय सभी मिटायें
विश्व एक परिवार योग कर
स्वर्ग धरा पर लाएँ।”

ॐ

Let us ameliorate body, mind and life
Embrace Yoga as a way of life
Leaving animosity behind
Sing a harmony lay

Life should be blissful
-is the lesson of Yoga
Let's everybody live without fear
Thus, divine love may prevail

Yama and Niyama empower one
To enhance the happiness everywhere
Practice Aasana Pranayama and Dhayan
To get health and peace

May energy is bestowed to all Yogis
Doubts are unfastened
Entire world becomes Yoga wreath
Earth transformed into heaven

Glimpses of International Day of Yoga Celebration



21st June



International Day of **YOGA**

COMMON YOGA PROTOCOL

About the International Day of Yoga- LOGO

Folding of both hands in the logo symbolizes Yoga, which reflects the union of individual consciousness with that of universal consciousness, a perfect harmony between mind and body, man and nature, the holistic approach to health and well being.

The brown leaves in the logo symbolize the earth element, the green leaves of nature, blue the fire element while the sun symbolises the source of energy and inspiration.

The logo reflects harmony and peace for the humanity which is the essence of Yoga.



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