

V.O.CHIDAMBARANAR PORT AUTHORITY
GENERAL ADMINISTRATION DEPARTMENT
CO-ORDINATION SECTION

No. GAD-CORD0MISC(MICO)/2/2025-GAD/7356/D.871

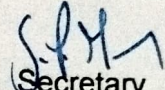
17/06/2025

Sub: Conducting International Day of Yoga, 2025 on 21/06/2025- reg.

It is informed that, the 11th International day of Yoga, 2025 is scheduled to be organized on 21/06/2025 at 07:00 hours in the Jawaharlal Nehru Centenary Community Centre.

2. Hence, all Officers/Employees are requested to attend the Yoga Day programme scheduled to be organized in the Jawaharlal Centenary Community Centre at 07:00 hours on 21/06/2025 in view of the International Day of Yoga. Practicing Yoga will promote health & build immunity, provide relief from stress and improve the sense of well-being.

3. The Common activities for all Ministries/ Departments issued by Ministry of Ayush is annexed as annexure I to encourage and involve for outreach and participation of Yoga.


Secretary

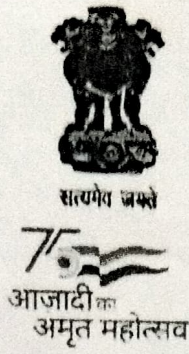
To

1. All Heads of Departments, VOCPA with a request to circulate among the staff working in respective Departments.
2. PRO, VOCPA with a request to arrange the following:
 - a. Yoga demonstrations in Jawaharlal Nehru Centenary Community Centre
 - b. To arrange snacks & breakfast for all the participants
 - c. Video and Photography for sending to the Ministry.
3. Chief Engineer and Chief Mechanical Engineer, VOCPA with a request to make necessary arrangements at Jawaharlal Nehru Centenary Community Centre.
4. Traffic Manager is requested to inform to the stakeholders to go through link attached herewith for highlighting various aspects of Yoga.
5. Dy. Commandant, VOCPA CISF Unit, VOCPA for participation.
6. All Sections of GAD, VOCPA.

Copy to:

- a) Associate Adviser to Chairperson, VOCPA
- b) Associate Adviser to Dy.Chairperson, VOCPA
- c) P.A to Chief Vigilance Officer, VOCPA

वैद्य राजेश कोटेचा
Vaidya Rajesh Kotecha
Secretary



भारत सरकार
आयुष मंत्रालय
आयुष भवन, 'बी' ब्लॉक, जी.पी.ओ. कॉम्प्लेक्स,
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Government of India
Ministry of Ayush
Ayush Bhawan, B-Block, GPO Complex,
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Tel. : 011-24651950, Fax : 011-24651937
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Dear colleague,

D.O.No.M-11030/18/2025-YN
05th June, 2025

As you are aware, Ministry of Ayush is leading the nationwide campaign for the 11th International Day of Yoga (IDY) to be celebrated on 21st June 2025, under the unifying theme "Yoga for One Earth, One Health."

In continuation of our collective efforts to maximise outreach and engagement, the Ministry has curated a comprehensive set of creative materials, social media posts, banners, videos, logos, and infographics highlighting various aspects of Yoga and the IDY 2025 campaign. These have been compiled and are accessible through the following Google Drive link:

https://drive.google.com/drive/u/0/folders/1t9Jy4HSBpkdn_eXatOczeFosWLKmpw

In this regard, I request your esteemed Ministry/Department to kindly:

1. Share the relevant materials on your official social media platforms (Twitter, Facebook, Instagram, YouTube, etc.).
2. Encourage affiliated institutions and stakeholders to amplify this content and contribute to a Whole-of-Government approach in promoting the message of Yoga.

Your support will go a long way in making the International Day of Yoga a truly people-centric and participative celebration.

I shall be grateful for your kind cooperation.

With regards,

Yours sincerely,

(Rajesh Kotecha)

To,

All Secretaries of all Ministries/ Departments.

Common activities for
all
Ministries/Departments

Annexure 1

1. Each ministry to ensure maximum participation in the main IDY event on 21st June 2025
2. Engage large number of PSUs and training establishments under administrative control of respective Ministries/ departments for IDY activities. Educational and technical institutions affiliated with Ministry, field units, subordinates/ attached offices may also be roped in. All possible channels may be leveraged to conduct yoga activities across all levels. Live feeding of IDY at different offices may also be done.
3. Sensitize employees on CYP/ Y-break and Government Offices/ Private Companies/ Cooperative societies to promote Y-break for their employees. The link of CYP is https://youtube.com/playlist?list=PLxZ05kgOiFwf6JbbEvThIy9AcZ0xrfxvk&si=xv_A9uOqJLRKm5i
4. Encourage participation of employees and there family members in various IDY activities organized on MyGov platform like quiz, competitions, video, campaigns, etc. Encourage participation of employees and there family members in various IDY activities organized on MyGov platform like quiz, competitions, video campaigns, etc.
5. "All Ministries/Departments are requested to tag the Ministry of Ayush on all social media platforms whenever disseminating the latest updates and information related to International Day of Yoga (IDY) through their official channels. Additionally, Ministries/Departments may also share social media posts from the Ministry of Ayush on their respective platforms to enhance outreach and visibility"
6. IDY logo may be displayed and IDY related guidelines/digital resources may be uploaded on the Websites/ Portals of respective Ministries/Departments
7. Organizing Yoga-related activities such as online/offline lectures, workshops, seminar etc. by Yoga experts, ahead of IDY 2025
8. Publishing Yoga and IDY-specific articles in official e-newsletter, bulletin, magazine etc
9. The Digital Assets developed by MoA may be used:-
 - a. **Namaste Yoga App** - This App a one stop health solution that enables people to access yoga related information, yoga events and Yoga classes at their fingertips. The app also provides information on one's physical activity in terms step count and calories burnt. The link for the app is https://play.google.com/store/apps/details?id=vogatracker.np.com.vogatracker&hl=en_IN
 - b. **Y Break App** - This App is a digital platform developed by Morarji Desai National Institute of Yoga, Ministry of Avush, Government of India to promote Yoga practise in Working population to de-stress, refresh and re focus at their workplace to increase their productivity, and consists of Asanas, Pranayama and Dhyana. The link for the app is https://play.google.com/store/apps/details?id=ybreak.ayush.gov.in&hl=en_IN
 - c. **Yoga- Ayush Portal**: Dynamic portal with all details, digital assets and latest information about IDY activities. The link for the app is <https://yoga.ayush.gov.in/YAP/>