



आचार्य मनिष र. जोशी
सचिव

Prof. Manish R. Joshi
Secretary



सत्यमेव जयते



विश्वविद्यालय अनुदान आयोग
University Grants Commission
(शिक्षा मंत्रालय, भारत सरकार)
(Ministry of Education, Govt. of India)

F.No.1-1/2024(YOGA)

18 चैत्र, 1947/ 8th April, 2025

सार्वजनिक सूचना

Subject: International Day of Yoga (IDY) 2025 – Participation & Activities

आदरणीय महोदया / महोदय,

As you are aware, International Day of Yoga (IDY) 2025 marks the 10th anniversary of the United Nations' recognition of June 21st as a global celebration of Yoga, inspired by the vision of the Hon'ble Prime Minister. Over the past decade, IDY has significantly contributed to promoting health and wellness worldwide. To commemorate this milestone and further extend the impact of Yoga, the Ministry of Ayush has planned various signature events across India and globally.

In particular, Ministry of AYUSH, has planned a **100-day countdown** leading up to IDY 2025. As part of the 100 days count-down, the HEIs are requested to actively participate in the following signature activities :

1. **Yoga Unplugged** – Engaging students and faculty to promote Yoga awareness and encourage participation in IDY celebrations.
2. **Yoga Maha Kumbh** – A week-long grand Yoga festival at ten locations across India, culminating in a central event led by the Hon'ble Prime Minister.
3. **Yoga Prabhava** – A scientific impact assessment of a decade of IDY, encouraging faculty and Yoga practitioners to publish articles on Yoga's benefits, backed by credible scientific data.

Additionally, the **UGC has introduced a Yoga credit score**, and students with the highest scores will be felicitated. The UGC will work out the modalities in consultation with the Department of Higher Education. HEIs are encouraged to promote this initiative and support students in their participation.

Furthermore, the Hon'ble Prime Minister has announced the **Yoga Awards** at national and international levels to recognize individuals and organizations contributing significantly to the promotion of Yoga. Applications can be submitted online via the **MyGov portal** (<https://innovateindia.mygov.in/pm-yoga-awards-2025/>). HEIs are requested to widely publicize this opportunity through their websites and social media platforms to ensure maximum participation.

To ensure a successful implementation of the countdown activities, HEIs are requested to actively engage students and faculty in these initiatives and provide regular status updates via **Google Form**

(<https://docs.google.com/spreadsheets/d/1nGzHmRP-se0JIB7DE4lGVp9o8gCZd4nyQP-jQDycKIc/edit?gid=0#gid=0>) and through email at **syed.rizwi@gov.in** and **saumya.rajan@gov.in**.

We look forward to your active participation in making IDY 2025 a grand success and furthering the reach of Yoga across the nation and beyond.

सादर,

भवदीय,



(मनिष जोशी)

Encl: Indicative list of activities for the 100-day countdown to IDY 2025.

Copy to: The Vice -Chancellors of all Central Universities, State Universities, Private Universities and Deemed to be Universities.

डॉ. विनीत जोशी, भा.प्र.से.

सचिव

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Secretary

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सत्यमेव जयते

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Government of India
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Ministry of Education
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Department of Higher Education

127 'सी' विंग, शास्त्री भवन, नई दिल्ली-110 001
127 'C' Wing, Shastri Bhawan, New Delhi-110 001

D.O. No. 29-2/2025-S&S

New Delhi, the 18th Mar, 2025

Dear Sir,

As you may be aware, International Day of Yoga (IDY), 2025 marks a momentous occasion – a decade since the United Nations, inspired by the vision of the Hon'ble Prime Minister, initiated the observation of June 21st as the International Day of Yoga. Over the past ten years, IDY has witnessed remarkable success in promoting health and wellness worldwide.

2. IDY 2025, which falls on 21st June 2025 aims not only to commemorate the past decade but also propel Yoga's reach and impact further into the future. In this regard, Ministry of Ayush has planned certain signature events to be held in India and across the globe to maximize the outreach and participation to achieve the idea of spreading Yoga to the last mile. The signature activities earmarked for Department of Higher Education and its autonomous bodies as a 100 days count-down to IDY are as under :-

- I. **Yoga Unplugged:** To engage the younger generation and make Yoga appealing to youth by mobilising educational institutions to promote Yoga awareness and IDY participation.
 - II. **Yoga Maha Kumbh:** The "Yoga Maha Kumbh" is planned as a week-long series of grand yoga festivals taking place at 10 locations across India to provide immersive Yoga experiences and fostering a sense of community. The events will culminate with the International Day of Yoga (IDY) celebration, with one location hosting the central yoga event led by the Hon'ble Prime Minister.
 - III. **Yoga Prabhava :** A Decadal Impact Assessment to scientifically assess the impact of ten years of IDY observation. Faculties and Yoga practitioners to be encouraged to write articles on Yoga reflecting health parameters with credible scientific data.
3. The indicative list of Activities to be performed as part of 100 days count-down activities culminating in the Central Yoga event on 21st June, 2025 is at **Annexure I**.

4. It is noted that UGC has introduced a credit score for Yoga. As part of IDY 2025, it is proposed to felicitate the students with the highest score and UGC is requested to work out the modalities in consultation with the Department of Higher Education.

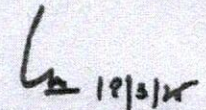
5. **Further, the Hon'ble Prime Minister of India has announced the Yoga Awards at National and International level** to recognize and felicitate individual(s) / Organization (s) who have made a significant impact on society for a sustained period by way of promotion and development of Yoga. The applications are invited online through the MyGov portal at – <https://innovateindia.mygov.in/pm-yoga-awards-2025/> . The last date for submission of application is 31.03.2025. HEIs may be directed to give wide publicity through website and social media handles to enable larger participation.

6. It is requested to maximize outreach activities involving students and faculties around the three signature events given above as count-down activities to IDY 2025 in HEIs. The status may be updated regularly in the google form - <https://docs.google.com/spreadsheets/d/1nGzHmRP-se0JIB7DE4IGVp9o8qCZd4nyQP-jQDyckIc/edit?gid=0#gid=0> and by mail at syed.rizwi@gov.in and saumya.rajan@gov.in

With regards,

Encl: As above

Yours Sincerely,


(Dr. Vineet Joshi)

To,

Chairman, UGC

ANNEXURE I

SIGNATURE EVENTS OF IDY 2025

1. **Yoga Unplugged (Youth Initiatives)** : Promoting Yoga awareness and IDY participation –

- i. Launch Yoga clubs in HEIs
- ii. Organising Yoga Olympiad, competition, quizzes, video campaigns, workshops/seminars for students/employee on Yoga and encourage participation in similar IDY activities organized on MyGov platform.
- iii. **Student Volunteering**: Encouraging student volunteering in IDY activities, including CYP training, NCC and NSS
- iv. To identify a brand Ambassador to promote Yoga in HEIs.
- v. Participation and sharing Yoga activities on social media, building a vibrant online community.

2. **Yoga Prabhava** - A Decadal Impact Assessment :

Publishing Yoga and IDY-specific articles in official e-newsletter, bulletin, magazine etc. to scientifically assess the impact of ten years of IDY observation.

3. **Yoga Maha Kumbh**: The "Yoga Maha Kumbh" is planned as a week-long series of grand yoga festivals taking place at 10 locations across India. The events will culminate with the International Day of Yoga (IDY) celebration, with one location hosting the central yoga event led by the Prime Minister. The "Yoga Maha Kumbh" aims to provide immersive yoga experiences, foster a sense of community, and celebrate the culmination of IDY 2025. Enthusiastic participation in such locations is expected as and when the details for the same are shared.

4. Making use of the Digital Assets developed by Ministry of Ayush :

- 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=yogatracker.np.com.yogatracker&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.

c) **The link for the app is :-**

https://play.google.com/store/apps/details?id=ybreak.ayush.gov.in&hl=en_IN
