



**GOVERNMENT OF NATIONAL CAPITAL TERRITORY OF DELHI  
DIRECTORATE OF EDUCATION: SPORTS & PHYSICAL EDUCATION BRANCH  
CHHATRASAL STADIUM: MODEL TOWN: DELHI-110009**

No.F.42/DE/PE/2022-23/3773-81

Dated:15.06.2023

**CIRCULAR**

**Subject:- Celebration of 9<sup>th</sup> International day of Yoga i.e. IDY-2023-reg.**

As we are aware that International Day of Yoga i.e. (IDY) is commemorated on June 21<sup>st</sup> every year with the whole Government approach with the support from all Central States/UTs and Yoga Institutions. It has been a worldwide celebration for the past 8 years and has effectively facilitated the global dissemination of the significance of practicing Yoga for overall health and well-being and enduring sustainable lifestyle. This year also we together will be able to conduct IDY 23 in a successful and monumental manner.

M/o AYUSH has informed that various events have been organised to create awareness about IDY-100<sup>th</sup> , 75<sup>th</sup> , 50<sup>th</sup> and 25<sup>th</sup> countdown events of IDY in New Delhi, Assam, Rajasthan and Telangana respectively. The theme for this year is “Yoga for Vasudhiva Kutumbakam”. The Domestic tagline for IDY 2023 is “Har Aangan Yoga” being propagated to bring Yoga to every household by all the State/UT Governments has been shared by M/o AYUSH and is enclosed herewith. Also, various activities related to IDY viz. Quiz, Poem Writing etc are being conducted online and anyone can participate in the activities through the link mentioned below:

<https://www.mygov.in/campaigns/international-yoga-day/?target=webview&type=campaign&nid=0>

Further, Ministry of AYUSH has shared Google Drive link for IDY-2023 containing IDY hoardings, Audio, Infographics etc. The content in these folders can be utilized by the state/UT Govt. for amplification of the IDY related content. To open files of hoardings, website banners, a mail needs to be sent on “idy2023ministryofayush@gmail.com”. These folders will be updated on regular basis till 21st June, 2023. Link of the Google Drive is as below:

<https://bit.ly/45OC60n>

In this regard, all the HOS of Govt./Govt.Aided/ Pvt. Schools are directed to celebrate 9<sup>th</sup> International Yoga Day (School level) in all the Govt./Govt. Aided/ Pvt. Schools & encourage our students to participate in activities related to IDY viz. Quiz, Poem Writing etc and shared by Ministry of AYUSH (Annexed herewith as Annexure 1).

Zone wise monthly compiled report of the activities (as tabled above) to be sent along with pictures/short videos by the SPE's to this branch for onward submission and also submit the report on the link provided above.

This issues with the prior approval of competent authority.



(Nirmala Rani)  
Asstt. Director of Education (PE&NI)  
(Date: 15.06.2023)

**All the Principals/HOS of Govt. /Govt. Aided/ Pvt. Schools Directorate of Education  
(THROUGH MIS), For strict compliance of above Instructions.**

**No.F.42/DE/PE/2023-24/ 3773-81**

**Dated:15.06.2023**

Copy forwarded to:-

1. The Secretary Ministry of AYUSH, GOI, INA New Delhi.
2. The Under Secretary, Ministry of Education, Department of School Education & Literacy GOI, Delhi.
3. PS to Secy. (Edn.) Old Sect, Delhi
4. PA to Director (Edn.) Old Sect, Delhi
5. All RDEs, Directorate of Education, Delhi.
6. The Dy. Director Sports, Chhatrasal Stadium, Model Town, Delhi.
7. All DDE Districts & Zones
8. All the SPE's Zones for strict compliance.
9. OS (IT) with the request to place the circular on website.



(Nirmala Rani)  
Asstt. Director of Education (PE&NI)  
(Date: 15.06.2023)

**Suggestive Activities of Ministries/Departments on IDY 2023**

- Activities as per ppt attached.
- Observe IDY from Desert to Forest, River to sea, Village to Industry, toddler to Old Age. (Anganwadi to Old Age home- People under palliative care)
- Encourage employees to participate in activities already hosted on MyGov platform.
- Display IDY logo and Banners on website, PM's Quotes on Yoga on offices/ ABs, subordinate and attached organizations.
- Propagation at Amrit Sarovars, hospitals, health and wellness centers, police stations, bus stations, panchayat, municipality-corporation-taluk-village offices, Resident Welfare Associations.
- Y- Break protocol/ app may be introduced to all government offices.
- Publishing Yoga and IDY specific articles in official e-newsletters, bulletins, magazines etc.
- Organizing Yoga webinars, workshops. Employees may be encouraged to participate in these and get quality training in the same.
- Promotion of IDY activities through social and cultural programs, nukkad natak etc.
- Making and disseminating IDY promotional videos by prominent celebrities/sports persons, yoga gurus, cultural icons etc.
- Usage of eco-friendly yoga products and accessories.
- Using ASHA/ANM workers, SHGs, Youth organizations. Volunteers, prominent sports bodies, corporates, startups, clubs and associations to spread the message of Yoga.
- Encouraging common people to participate in IDY campaign activities organized by CSCs and Commonwealth Community Radio (CEMCA).
- Sharing of the videos/ photos of the IDY observations at the following (Email: [idy2023ayush@gmail.com](mailto:idy2023ayush@gmail.com)) with description of place and number of participants.
- Creatives and other material for IDY 2023 amplification are available at <https://bit.ly/45OC60n>