

F. No. 3-2/2020-NCMEI
Government of Bharat
National Commission for Minority Educational Institutions

Jeevan Tara Building, Sansad Marg,
New Delhi, dated the 19th June, 2025

CIRCULAR

Subject: Celebration of International Day of Yoga (IDY) 2025 – reg

Dear Sir/Madam

The United Nations has declared 21st June as 'International Day of Yoga' (IDY). There have been worldwide celebrations during the previous years. This has effectively facilitated the global dissemination of the significance of Yoga for overall health and well-being and enduring sustainable lifestyle.

The Ministry of Ayush, Government of India has developed a portal with all details, digital assets and latest information about IDY activities: <https://yoga.ayush.gov.in/yoga-sangam>

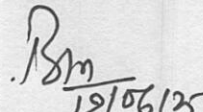
'Common Yoga Protocol' videos are available in 22 Indian languages at the following link: https://youtube.com/playlist?list=PLxZ05kgQIFwf6JbbEvThly9AcZ0xrfxvk&si=xy_A9uOqJLRKm5i

In view of above, you are requested to organize the following suggestive activities to celebrate the International Day of Yoga 2025:

1. Organize **Yoga Workshops and Seminars** for students & teachers and encourage them to practice and adopt Yoga.
2. **Mass Yoga demonstration** may be arranged on the International Day of Yoga.
3. **Quiz and Essay Writing** Competitions on Yoga-theme may be organized to create interest among the students.
4. Encourage students and staff to **participate in various IDY competitions** organized by Ministry of Ayush on MyGov platform (<https://www.mygov.in/>), i.e. E-Poster Competition on the Occasion of IDY 2025, Essay Contest on International Day of Yoga 2025, Yog Geet/ Jingle Contest 2025 etc.
5. Publish Yoga & IDY-specific articles in Institutions' e-newsletter, bulletin, magazine etc.
6. **Yoga Quiz:** A Yoga Quiz is being organized by the Ministry of Ayush (MoA), in collaboration with the MyGov on platform (<https://quiz.mygov.in/quiz/international-day-of-yoga-2025-quiz/>).
7. **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 as follows:

https://play.google.com/store/apps/details?id=yogatracker.np.com.yogatracker&hl=en_IN

You are requested to encourage the students and all stakeholders to participate in these activities so as to make celebration of International Day of Yoga a grand success.


(B K Mahanta)
Director to the Govt. of India