

भारत डायनामिक्स लिमिटेड BHARAT DYNAMICS LIMITED
निगम कार्यालय CORPORATE OFFICE
गच्ची बाउली GACHIBOWLI :: हैदराबाद HYDERABAD

संदर्भ Ref: बीडीएल BDL/04/ नि.मा.सं. C-HR/2025

दिनांक Dt: 26.03.2025

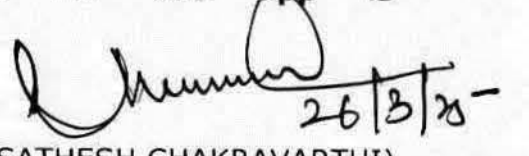
निगम - मानव संसाधन
CORPORATE - HUMAN RESOURCES

Sub: International Yoga Day – 2025 - Reg.

To commemorate 'A decade of International Yoga Day', the Government of India has directed to organize various activities in the run-up to the International Yoga Day – 2025. A list of activities have been suggested by Ministry of AYUSH,.

All Unit – HRs are requested to organize various activities and events, at their respective Units/Office

1. Organize International Yoga Day on 21st June 2025 in a grand manner, ensuring maximum participation of employees
2. All possible channels may be leveraged to conduct Yoga activities across all levels
3. Sensitize the employees on Common Yoga Protocol (CYP). The link of CYP is <https://youtube.com/playlist?list=PLxZ05kgQiFwf6JbbEvThIy9AcZ0xrfxvk&si+xyA9uOqJLRKm5i> https:
4. Promote Y-Break for employees at work place, to help employees distress, refresh and refocus by taking few minutes break from work.
5. Encourage participation of employees and their family members in various IDY activities organized on MyGov platform like quiz, competitions, video campaigns etc
6. Organize Yoga related activities such as online-offline lectures, workshops, seminar etc. by Yoga experts, ahead of IDY 2025.
7. Encourage employees and their family members to use the Digital Assets developed by Ministry of Ayush viz. "Namaste Yoga App", "Y Break App", "Yoga-Ayush Portal" etc.
 - a) **Namaste Yoga App** – This App is 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 Deasai National Institute of Yoga, Ministry of Ayush, Government of India to promote Yoga practice 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:** Dynamics portal with all details, digital assets and latest information about IDY activities: **The link for the app is** <https://yoga.ayush.gov.in/YAP/>


(A.SATHESH CHAKRAVARTHI)
AGM(C-HR)

Distribution:

- All Unit HR Heads.

Copy for kind information of:

- D (P), D (T), D(F), CVO
- All Unit Heads
- EA to CMD- for information of CMD