

भारत डायनामिक्स लिमिटेड BHARAT DYNAMICS LTD
निगम कार्यालय CORPORATE OFFICE
गच्चीबाउली हैदराबाद GACHIBOWLI HYDERABAD

(मानव संसाधन विभाग HUMAN RESOURCE DEPARTMENT)

Ref.No.BDL/04/C-HR/IDY-2020

Date: 19-06-2020

परिपत्र CIRCULAR

Sub: Celebration of 6th International Day of Yoga (IDY) – 2020 on 21st June 2020

The United Nations General Assembly (UNGA) has taken historic decision to declare **21st JUNE** as the **INTERNATIONAL DAY OF YOGA (IDY)**. Since 2015, this day has been celebrated across the world with the objective to remind the people globally about the benefits of Yoga and to build enduring public interest by highlighting the importance of this ancient Indian practice and its contributions to the public health.

2. As a way forward, the International Day of Yoga (IDY) is being celebrated across the nation on this day by conducting various activities and awareness program on Yoga at various levels across the country. Similarly, BDL is celebrating the IDY every year by conducting mass Yoga workshop for their employees across all units / offices of the Company by inviting Yoga gurus.

3. As you are aware, due to prevailing situation of COVID 19 pandemic in the nation and its contagious nature, the Ministry of AYUSH (MoA), Government of India is encouraging the people to learn the Yoga along with their families, friends with proper safety in their homes through various resources made available online.

4. On the occasion of 6th International Day of Yoga (IDY), all the employees are therefore, requested to join hands together along with their families, friends on this days from their respective homes for a 45 minutes Yoga drill at 07:00 AM on 21st June 2020 to to celebrate the International Day of Yoga (IDY) - 2020. All the employees are further requested to follow **Common Yoga Protocol (CYP)** issued by Ministry of AYUSH and the same is enclosed as Annexure for your information.

5. The employees are also requested to participate in '**MY LIFE – MY YOGA' VIDEO BLOGGING (vlogging) CONTEST**, a joint effort of Ministry of AYUSH and Indian Council for Cultural Relation (ICCR) which is already gone live at Ministry's social media handle. The details of the contest are also enclosed as Annexures for the information of all employees. ITD may place the same on BDL website for the information of all employees.

6. All Unit HRs to submit compliance report in the format as at Annexure 3.

Nave 19/6/2020
(SYED RAFFE)
GENERAL MANAGER (HR)

Enclosure: Annexures

Annexure 1: Guidelines for Yoga@Home

The following guideline provide steps that can be undertaken to promote IDY 2020 and encourage people to do Yoga from Home, especially at 7 am on the 21st June, 2020. These are suggested steps which should be considered in addition to specific communications sent by the Ministry of AYUSH.

For Ministries/States/UTs/Departments/CPSEs

- Sample letter attached in subsequent sections along with a list of online resources can be uploaded and publicised on your social media channels. These have been provided for reference and can be amended as per your convenience
- Request your social media channels and employees to follow Ministry of AYUSH social media accounts for latest updates and information—this can be shared by official social media channels as deemed fit
- Upload of Yoga@Home guidelines and a list of digital resources on your website
- Circulation of sample email and message attached along with a link to the digital resources to all departments, employees, and partners so that they can be further shared externally to raise awareness about IDY 2020
- Closer to the 21st of June significant increase in messaging on social media and internal circulation to promote people to do Yoga from their home with their families
- It is of utmost important that the concept of Yoga@Home be highlighted in any such communication, due to COVID-19 to avoid any miscommunication/misunderstanding which may lead to the violation of leading GoI advisories on the management of the pandemic—especially mass gatherings, social distancing norms, and use of basic protective measures such as masks and sanitisers
- Organizations are encouraged to conduct online trainer-led Yoga sessions for an hour each, starting 15 days before IDY for all its members and the public. These can be publicised using social media channels.

Annexure 2: Sample letter, email, and message

Letter: I want to be a part of IDY -2020. What should I do?

Congratulations for deciding to be a part of IDY- 2020.

Yoga is an invaluable ancient Indian practice with numerous benefits to both physical and mental health. Given, the context of the current COVID-19 pandemic including restrictions on the movement of people and a slowdown in economic activity, the benefits offered by Yoga have become especially important for physical and mental wellbeing. Of particular importance are its proven benefits on general health and immunity enhancement, along with its globally accepted role as a stress buster.

As the mass performance of the Common Yoga Protocol (CYP)—one of the most popular Yoga programmes across the world—will remain at the heart of the International Day of Yoga (IDY) like always, this year IDY will be observed in a non-congregative manner. Therefore, you and your family are requested to join thousands of others on this day from your respective homes by doing the 45- minute long CYP drill at 7.00 AM on 21st June 2020. The CYP is a Yoga Protocol developed by accomplished Yoga experts, to facilitate harmony in the observation of IDY. Over the last few years, it has become one of the most popular Yoga programmes in the world. It is designed to be easily adoptable by the majority of the people irrespective of age and gender, which can be learnt through simple training sessions, even through online classes (individuals facing health issues are advised to consult a physician before taking up Yoga practice).

To make the observation of IDY at home possible, the Ministry of AYUSH and other stakeholders have been running multiple training programmes on Yoga and CYP. These programmes are being intensified, and daily online sessions on CYP will be streamed on the Ministry's Social Media Platforms as well as partner TV Channels. You may follow the Ministry's social media handles for additional details. Announcement on specific activities for 21st June 2020 will also be made available on these channels as we approach the IDY. Various reputed Yoga institutions will also be imparting online training lessons in CYP in the coming days. Please use the attached resources in preparing yourself and your family for IDY 2020.

If you are already trained in CYP, please start teaching the same to your family members.

As June 21st is just a few days away. Prepare yourself, and be there to do Yoga with the world.

See you at 7.00 AM on 21st June 2020.

78 86

Email: I want to be a part of IDY -2020. What should I do?

Yoga is an invaluable ancient Indian practice with numerous benefits to both physical and mental health. Given, the context of the current COVID-19 pandemic including restrictions on the movement of people and a slowdown in economic activity, the benefits offered by Yoga have become especially important for physical and mental wellbeing. Of particular importance are its proven benefits on general health and immunity enhancement, along with its globally accepted role as a stress buster.

As the mass performance of the Common Yoga Protocol (CYP)—one of the most popular Yoga programmes across the world—will remain at the heart of the International Day of Yoga (IDY) like always, this year IDY will be observed in a non-congregative manner. Therefore, you and your family are requested to join thousands of others on this day from your respective homes by doing the 45- minute long CYP drill at 7.00 AM on 21st June 2020. It is designed to be easily adoptable by the majority of the people irrespective of age and gender, which can be learnt through simple training sessions, even through online classes (individuals facing health issues are advised to consult a physician before taking up Yoga practice).

To make the observation of IDY at home possible, the Ministry of AYUSH and other stakeholders have been running multiple training programmes on Yoga and CYP. You may follow the Ministry's social media handles for additional details. Announcement on specific activities for 21st June 2020 will also be made available on these channels as we approach the IDY. Please use the attached resources in preparing yourself and your family for IDY 2020.

If you are already trained in CYP, please start teaching the same to your family members.

As June 21st is just a few days away. Prepare yourself and be there to do Yoga with the world.

See you at 7.00 AM on 21st June 2020.

Message (Text/Whatsapp)

Stand in solidarity with everyone by doing Yoga@Home on the 21st of June.

Given, the context of the current COVID-19 pandemic including restrictions on the movement of people and a slowdown in economic activity, the benefits offered by Yoga have become especially important for physical and mental wellbeing.

Therefore, you and your family are requested to join thousands of others on this day from your respective homes by doing the 45- minute long CYP drill at 7.00 AM on 21st June 2020. To make the observation of IDY at home possible, the Ministry of AYUSH and other stakeholders have been running multiple training programmes on Yoga and CYP. You may follow the Ministry's social media handles for additional details and find training resources here.

As June 21st is just a few days away. Prepare yourself and be there to do Yoga with the world.

See you at 7.00 AM on 21st June 2020.

78 84

Annexure 3: Digital resources for Yoga@Home

International Day of Yoga (IDY) Videos (Hindi & English) and Links of Videos in 14 Regional Languages

S. No	IDY Videos – Common Yoga Protocol	YouTube Video Links
1.	International Day of Yoga 2019 Common Yoga Protocol - HINDI	https://www.youtube.com/watch?v=wgjZ_LyNLRw
2.	International Day of Yoga 2019 Common Yoga Protocol- ENGLISH	https://www.youtube.com/watch?v=K-GJh9GeOxE
3.	Common Yoga Protocol- Manipuri, International Day of Yoga - 2016	https://www.youtube.com/watch?v=iOGza5C9Yhl
4.	Common Yoga Protocol-Kannada, International Day of Yoga – 2016	https://www.youtube.com/watch?v=k5W4sR7Ercs
5.	Common Yoga Protocol- Sanskrit, International Day of Yoga - 2016	https://www.youtube.com/watch?v=KYDVngTkslo
6.	Common Yoga Protocol-Marathi, International Day of Yoga - 2016	https://www.youtube.com/watch?v=JNvyqnlOYTY
7.	Common Yoga Protocol- Malayalam, International Day of Yoga - 2016	https://www.youtube.com/watch?v=ijJQAw- XO8
8.	Common Yoga Protocol-Bengali, International Day of Yoga - 2016	https://www.youtube.com/watch?v=oUIZzBbXz_U
9.	Common Yoga Protocol- Kashmiri, International Day of Yoga - 2016	https://www.youtube.com/watch?v=06h8PrIon3Y
10.	Common Yoga Protocol-Tamil, International Day of Yoga - 2016	https://www.youtube.com/watch?v=x_d3Ay7iy3c
11.	Common Yoga Protocol-Urdu, International Day of Yoga - 2016	https://www.youtube.com/watch?v=PWwp4KDQRwQ
12.	Common Yoga Protocol-Telgu, International Day of Yoga - 2016	https://www.youtube.com/watch?v=hKUqsrAXC34
13.	Common Yoga Protocol-Assamese, International Day of Yoga - 2016	https://www.youtube.com/watch?v=PEkxjWdNUU0
14.	Common Yoga Protocol-Punjabi (Full Version), International Day of Yoga - 2016	https://www.youtube.com/watch?v=LK4ZoeTKOdY
15.	Common Yoga Protocol-Oriya (full version), International Day of Yoga - 2016	https://www.youtube.com/watch?v=sqEHmSMCgt4
16.	Common Yoga Protocol-Gujarati (Full Version), International Day of Yoga - 2016	https://www.youtube.com/watch?v=0Bsb01XaCfc

