

Jaypee Institute of information Technology, Noida

International Day of Yoga (IDY)-2020

On the themes Yoga @Home and Yoga with family

Yoga has been a significant part of Indian history and has become increasingly popular in recent times for maintaining a healthy lifestyle especially during Covid-19 pandemic crisis. International Day of Yoga is celebrated across the world on 21st of June every year. Under the current challenging times, government has launched the theme of ‘Yoga at Home and Yoga with Family’ so that people can celebrate the day in the confines of home. Yoga is good for community, immunity, and unity. The kriyas, asanas and pranayamas help in curing stress and depression, tackle chronic ailments such as diabetes, hypertension, thyroid and others.

As it has been quoted by the hon'ble Prime minister of India, “*Yoga is a symbol of universal aspiration for health and wellbeing. It is health assurance in zero budget*”. So, yoga and meditation can be an efficient method to develop a healthy and peaceful lifestyle in current times.

JIT encourages its students/employees/staff to participate in the event and be part of national movement for health and wellness.

1. Please fill in these 2 short forms, one to register and another to get the Certification from the Yoga Certification Board of India for participation in International Day of Yoga, June 21, 2020. Kindly participate and perform while watching Doordarshan’s live National telecast on 21.06.2020 at 7 AM.

The first form for registration is available at the following link:

<https://forms.gle/sdDqCA41ewQkg5jh8>

The second form for certification is given below:

<https://docs.google.com/forms/d/e/1FAIpQLSeYowaA-fGwhQtz1sNMDc4vSN6Kp8hj4CseoQF8YE7yZHLGg/viewform>

2. To prepare for the event, kindly follow the ‘Common Yoga Protocol’ on Daily basis
https://www.youtube.com/watch?v=wgjZ_LyNLRw (Hindi)
<https://www.youtube.com/watch?v=K-GJh9GeOxE> (English)

3. Kindly participate and send entries for My Life My Yoga (MLMY) Video Blogging Contest.

The participants are required to upload a 3 minutes duration video of 3 Yogic practices (kriya, asana, pranayama, bandha or mudra), including a short video message/ description on how the said Yogic practices influenced their life. The video may be uploaded on Facebook, Twitter OR Instagram with the contest hashtag #MyLifeMyYogaINDIA and appropriate category hashtag.

Detailed guidelines for participation can be found on the Yoga Portal of Ministry of AYUSH (<https://yoga.ayush.gov.in/yoga/>). Entries to the competition can also be submitted through two other channels: (i) My Gov platform, and (ii) contest website, namely <http://mylifemyyoga2020.com/>.

Category and details can also be accessed at <https://innovate.mygov.in/my-life-my-yoga/#tab2>