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The rewards that Yoga offers children for their holistic development are now established with the support of evidence. We want our children to be stress-free, relaxed, calm and confident. Fortunately, continuous practice of Yoga can help them achieve all this and much more. Therefore, on the occasion of International Yoga Day (IDY), approaching on 21st June 2019, the Ministry of AYUSH requests all college/university authorities to reach out your students and parents-community with the message of Yoga. Participation in the IDY, which is already the country's greatest mass movement for public health, is an inspiring way to get introduced to Yoga.

How Parents Can Join IDY

Learn the Common Yoga Protocol (CYP) and perform it on the Yoga Day. CYP is a set of Yoga practices that is ideal for beginners.

Join the official Facebook Page of the Ministry of AYUSH: <https://www.facebook.com/moayush/> for more information, participation, tutorials, competitions and other updates

Encourage children to participate in the IDY19

How Students Can Join IDY

Learn the Common Yoga Protocol (CYP) and perform it on the Yoga Day

Participate in Slogan Writing and Poster Making Competitions on the Facebook page of the Ministry of AYUSH: <https://www.facebook.com/moayush/>

We urge you and your community to join the IDY with full enthusiasm, and take a step towards making Yoga an integral part of your lives and inspiring others to do the same. Let's add to the buzz, and make IDY a wider people's movement.

(P.N. Ranjit Kumar)