

SIGNATURE EVENTS OF IDY 2025

1. **Yoga Unplugged (Youth Initiatives)** : Promoting Yoga awareness and IDY participation –

- i. Launch Yoga clubs in HEIs
- ii. Organising Yoga Olympiad, competition, quizzes, video campaigns, workshops/seminars for students/employee on Yoga and encourage participation in similar IDY activities organized on MyGov platform.
- iii. **Student Volunteering**: Encouraging student volunteering in IDY activities, including CYP training, NCC and NSS
- iv. To identify a brand Ambassador to promote Yoga in HEIs.
- v. Participation and sharing Yoga activities on social media, building a vibrant online community.

2. **Yoga Prabhava** - A Decadal Impact Assessment :

Publishing Yoga and IDY-specific articles in official e-newsletter, bulletin, magazine etc. to scientifically assess the impact of ten years of IDY observation.

3. **Yoga Maha Kumbh**: The "Yoga Maha Kumbh" is planned as a week-long series of grand yoga festivals taking place at 10 locations across India. The events will culminate with the International Day of Yoga (IDY) celebration, with one location hosting the central yoga event led by the Prime Minister. The "Yoga Maha Kumbh" aims to provide immersive yoga experiences, foster a sense of community, and celebrate the culmination of IDY 2025. Enthusiastic participation in such locations is expected as and when the details for the same are shared.

4. Making use of the Digital Assets developed by Ministry of Ayush :

- a) **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 :-

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 Desai National Institute of Yoga, Ministry of Avush, Government of India to promote Yoga practise in Working population to de-stress, refresh and re focus at their workplace to increase their productivity, and consists of Asanas, Pranayama and Dhyana.

c) **The link for the app is :-**

https://play.google.com/store/apps/details?id=ybreak.ayush.gov.in&hl=en_IN