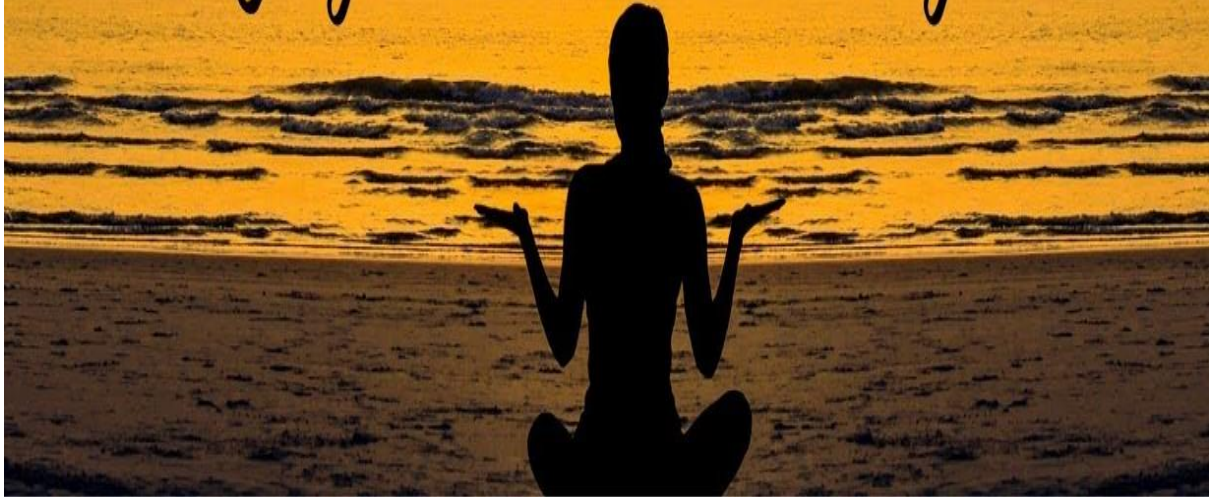


# International Yoga Day 2022

*"Yoga for well-being"*



## International Day OF Yoga (IDY) 2022

The 8th edition of International Day of Yoga is to be celebrated with the theme **“Yoga for Humanity”**. The main event of the IDY 2022 demonstration will be held at Mysuru, Karnataka.

The core purpose of IDY is to create mass awareness regarding the Health Benefits of Yoga for the people. Over the years, IDY has become a mass movement for health.

The United Nations General Assembly recognized 21st June as the International Day of Yoga at the initiative of Hon`ble Prime Minister Shri Narendra Modi in 2014.

The 8<sup>th</sup> International Day of Yoga (IDY2022) is being promoted through multiple programs by the Ministry of Ayush, in association with Morarji Desai National Institute of Yoga. A curtain raiser event to mark the 100 days countdown was celebrated on 13th March 2022, which started the campaign: 100 days, 100 cities, and 100 organizations from 13th March to 21st June 2022, across the globe. A 75th-day countdown event was organized at the Red Fort in New Delhi. The 50th Days countdown was celebrated at Sivasagar, Assam and the 25th-day countdown was celebrated in Hyderabad, Telangana.



## Common Yoga Protocol

**Common Yoga Protocol** has been designed with the consensus of all the experts. CYP comprises day-to-day Yoga practice for the masses to reap all the benefits of Yoga. The protocol intends to create general awareness among the masses to attain peace, harmony and well-being through Yoga practices e.g. Yoga Nidra, Pranayama, Dhyan, etc. Enjoy the videos of the best Yoga sessions, keep learning and continue to reap the benefits of Yoga practices.



Joining thousands of others on IDY by doing the Common Yoga Protocol (CYP) performance on 21st June 2022. Also join the activity from your home using the national television or CYP video for guidance. Participate in the quizzes, photo contests hosted on MyGov platform (<https://www.mygov.in/>).





## **Year Long Yoga**

Year Long Yoga Calendar presents Yoga Events of different yoga institutions in one place. This Yoga-inspired calendar will help citizens to make yoga a part of their routine and keep their body healthy and mind calm. The Events Calendar lists both offline and online yoga and yoga-related events. The events are available on a daily, weekly, monthly and yearly basis.

## Yoga Break (Y-Break) practice

Ministry of AYUSH has launched **Y-Break**' mobile application, a five-minute yoga protocol designed for working professionals to de-stress, refresh and refocus at their workplace to increase their productivity and consists of asanas like pranayama and dhyana was launched by Sarbanand Sonowal

The yoga protocol in the Y-Break application comprises simple yogic practices such as Tadasana, Urdhva-hastottanasana, Skandha Chakra, Uttanamandukasana, Kati Chakrasana, Ardha-chakrasana, Prasarita Padottanasana, deep breathing, Nadishodhana Pranayama and Bhramari Pranayama.