

NORTHEAST FRONTIER RAILWAY

Office of the  
General Manager (P)  
Maligaon, Guwahati-11  
Date:- 18.6.2020

No. E/252/W-465 Pt.II  
To  
All PHODs/HODs  
DRM/KIR, APDJ, RNY, LMG, TSK  
CWM/NBQS & DBWS  
DRM(P)/KIR, APDJ, RNY, LMG, TSK  
Principal/NVPRHSS/MLG & Principal/RHSS/MLG  
GS/NFREU, NFRMU, AISCTREA, NFROBCEA  
GS/NFRPFA, NFRPOA, NFROA

**Sub : Observance of International Day of Yoga (IDY) on 21<sup>st</sup> June, 2020.**

Ref : 1. Railway Board's letter No.E(MPP)2017/3/11 dated 11.06.2020 & Ministry of AYUSH dated 4-6-2020 circulated vide GM(P)/NFR/MLG's letter No. E/195G/I Pt.XIV(C) dated 12-06-2020.

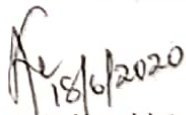
Every year International Day of Yoga (IDY) is observed on 21<sup>st</sup> June. However, this year, due to ongoing COVID-19 pandemic, IDY-2020 will be observed on the theme of "Yoga@Home and Yoga with Family" on 21<sup>st</sup> June, 2020 from 07:00 AM to 07:45 AM.

All controlling Officers are requested to encourage and motivate all the employees and their families to observe the International Day of Yoga (IDY) 2020 from their respective homes by performing Yoga in their homes with families on 21<sup>st</sup> June 2020 from 07:00 AM to 07:45 AM. **For Online yoga videos one may visit the CYP portal (<https://yoga.avush.gov.in/yoga/common-yoga-protocol>).**

In this regard, a sample letter (Annexure-I), detailed guidelines for yoga at home & uploading of yoga video online (Annexure-II) and Online video blog competition (Annexure-III) are attached herewith. Schools may also encourage their students to participate in online video blog contest theme (My Life-My Yoga) conducted by Ministry of AYUSH and ICCR. The guidelines and competition details are available in the yoga portal of Ministry website given above.

It is of utmost importance that the concept of yoga @ home be highlighted in any such a way to avoid any miscommunication/misunderstanding which may lead to the violation of leading GoI advisories on the management of the COVID-19 pandemic- especially on **mass gatherings, social distancing norms, and use of basic protective measures such as masks and sanitizers.**

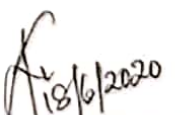
DA: Annexure I, II, III

  
(Shirish S. Kamble)  
Chairman/RRC

For General Manager (P)/Maligaon

Copy to:

1. DGM & Secy. to GM/NFR
2. Secy. to GM/CON/NFR
3. AGM/NFR/MLG

  
For General Manager (P)/Maligaon



**Northeast Frontier Railway  
International Day of Yoga (IDY) 2020  
Yoga From Home on 21<sup>st</sup> June, 2020  
07:00 AM to 07:45 AM**



**Theme of IDY 2020 : Yoga @Home and Yoga with family**

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

**Congratulations for deciding to be part of IDY -2020**

Yoga is an invaluable ancient practice of India with multiple physical and mental health benefits. The Covid-19 crisis and the consequent restrictions on movement of people and showing down of economic activity have led the entire world into difficult times. In this scenario, the rewards of Yoga are very relevant. Of particular importance are (i) its proven positive impact on general health and immunity enhancement and (ii) its globally accepted role as a stress reliever.

While mass performance of Common Yoga Protocol (CYP) will remain at the heart of the observation of IDY. This year also (as in previous years), this will be done in a non-congregative way, in the respective home of participants. You and your family can join thousands of others by doing the 45 minute long CYP drill at 07:00 AM on 21<sup>st</sup> June, 2020 at home. 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 differences, with a training session. (Individuals facing health issues are advised to consult a physician before taking up Yoga practice).

To make the observation of IDY at home feasible, 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 Common Yoga Protocol will be streamed on the Ministry's Social Media Platforms as well as partnering TV Channels. You may watch the Ministry's social media handles for details. Announcement on specific activities for 21<sup>st</sup> June, 2020 will also be made on these channels. Various reputed Yoga institutions will also be imparting online training sessions in CYP in the coming days. Please use these resources and prepare yourself and your family in advance for IDY-2020.

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

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

See you at 07:00 AM on 21<sup>st</sup> June, 2020



**Northeast Frontier Railway**  
**International Day of Yoga (IDY) 2020**  
**Yoga From Home on 21<sup>st</sup> June, 2020**  
**07:00 AM to 07:45 AM**



**Theme of IDY 2020 : Yoga @Home and Yoga with family**  
**Guidelines for Yoga@Home**

- This year's International Day of Yoga (IDY) will be observed around the themes "Yoga @Home and Yoga with family" on 21<sup>st</sup> June, 2020 from 7:00 A.M. to 7:45 A.M".
- **ON LINE YOGA VIDEOS** - Visit the CYP portal to view the online Yoga Videos in Hindi, English and 14 other regional languages (<https://yoga.ayush.gov.in/yoga/common-yoga-protocol>)
- Employees can follow social media posts of Ministry of AYUSH on IDY as given below.
  1. Ministry of AYUSH Website - <https://main.ayush.gov.in/>
  2. Yoga Portal – Ministry of AYUSH - <https://yoga.ayush.gov.in/yoga/>
  3. Ministry of AYUSH – Facebook Page - <https://www.facebook.com/moayush/>
  4. Ministry of AYUSH – Twitter - <https://twitter.com/moayush>
  5. Ministry of AYUSH – Instagram - <https://www.instagram.com/ministryofayush/?hl=en>
- **UPLOADING OF VIDEOS** - Participants are required to upload on their Instagram/Facebook page, a three minute Video of themselves performing yoga and say how this has helped in their lives.

Upload the video on his/her Facebook page and tag Ministry of AYUSH (@ministryofayush) in the description, and also use the hashtag MyLifeMyYoga(COUNTRY) and category hashtag as per table below Eg. #MyLifeMyYogaINDIA #FemaleAdult OR upload on Ministry of AYUSH facebook page, Instagram or <https://www.mylifemyyoga2020.com/home> or <https://innovate.mygov.in/my-life-my-yoga/>.

**N. F. Railway Social Media Handles**

In addition, employees of N. F. Railway are requested to upload or share their same three minute Video of Yoga similarly on **NFREIS Facebook page** - <https://www.facebook.com/NFREISAPP/> OR **NFREIS Twitter handle** - <https://twitter.com/nfreisapp>.

To download the detailed Guidelines please visit the webpage of **International Day of Yoga** under webpage of Personnel Department of N F Railway as follows:

<https://nfr.indianrailways> → General Info Tab → Departments → Personnel

↓ → International Day of Yoga

**Direct link of web page :**

[https://nfr.indianrailways.gov.in/view\\_section.jsp?fontColor=black&backgroundColor=LIGHTSTEEELBLUE&lang=0&id=0,6,592,593,1300](https://nfr.indianrailways.gov.in/view_section.jsp?fontColor=black&backgroundColor=LIGHTSTEEELBLUE&lang=0&id=0,6,592,593,1300)

- **CIRCULATION TO DIGITAL RESOURCES** - Sample email, SMS and Whatsapp message may be prepared and widely circulated alongwith the above links of digital resources to all the departments for information and awareness among the employees of N. F. Railway so that they can further share externally to raise awareness about IDY 2020.
- Banners/ Cut outs on IDY - 2020 may be displayed at vantage points.
- IDY logo can be displayed on their website.
- 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 Government of India advisories on the management of the pandemic—especially mass gatherings, social distancing norms, and use of basic protective measures such as masks and sanitizers.

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**Northeast Frontier Railway**  
**International Day of Yoga (IDY) 2020**  
**Yoga From Home on 21<sup>st</sup> June, 2020**  
**07:00 AM to 07:45 AM**



Theme of IDY 2020 : **Yoga @Home and Yoga with family**

**Online video blog competition - 31st May 2020 to 21st June 2020**

**My Life My Yoga Video Blogging Contest**

The Ministry of AYUSH and the Indian Council for Cultural Relations is here announcing the My Life – My Yoga ( also called “Jeevan Yoga”) Video Blogging Contest. IDY in the past years has marked thousands of peaceful mass demonstrations of Yoga in public places. Through the My Life – My Yoga video blogging competition, the Ministry of AYUSH and ICCR seek to raise awareness about Yoga and to inspire people to prepare for and become active participants in the observation of IDY 2020 on 21st June 2020.

Upload the video on his/her Facebook page and tag Ministry of AYUSH (@ministryofayush) in the description, and also use the hashtagMyLifeMyYoga(COUNTRY) and category hashtag as per table below Eg.#MyLifeMyYogaINDIA #FemaleAdult OR upload on Ministry of AYUSH facebook page, Instagram or <https://www.mylifemyyoga2020.com/home> or <https://innovate.mygov.in/my-life-my-yoga/>

**About the Event**

As we all gear up to observe the sixth International Day of Yoga (IDY) on 21st June 2020, this occasion. Mass gathering would not be advisable this year, Due to the contagious nature of COVID-19. Through the Video blogging contest, we hope to raise awareness and become active participants in this contest. The contest will support participation via the social media platforms of Facebook, Twitter and Instagram. The Video contest is open for participants across all countries.

**How to apply?**

**Step 1**

Shoot a 3 minute video following the theme of #MyLifeMyYoga

**Step 2**

[www.mylifemyyoga2020.com](http://www.mylifemyyoga2020.com) or

[www.mygov.in/task/my-life-my-yoga](http://www.mygov.in/task/my-life-my-yoga) or

Upload a video on Instagram, Facebook and Twitter and make the video public

**Step 3**

Like and follow Ministry of Ayush page and tag the page in your video.

**Step 4**

Upload the video link on this platform to get your participation code. You can apply before the 21st of June

Participants may visit <https://yoga.ayush.gov.in/yoga/> to download the event guidelines.

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