

CENTRAL TOOL ROOM AND TRAINING CENTRE, BHUBANESWAR

What is IDY and how is it observed:

Yoga is widely recognized for its health benefits and its ability to reduce stress. Acknowledging its global importance, the United Nations General Assembly (UNGA) declared June 21st as the International Day of Yoga (IDY) on December 11, 2014, through resolution 69/131. The proposal, introduced by India's Hon'ble Prime Minister during the 69th session of the UNGA, received support from 175 Member States. Highlighting the significance of Yoga, he stated, "Yoga is an invaluable gift from our ancient tradition. It embodies unity of mind and body, thought and action—a holistic approach that is valuable to our health and well-being. It's not just about exercise; Yoga is a way to discover a profound sense of oneness with yourself, the world, and nature."

Since 2015, IDY has been celebrated worldwide, with participation increasing each year. The event encourages people to adopt healthier habits, including practicing Yoga. Recognizing the importance of physical activity, the World Health Organization (WHO) has also urged nations to promote movement, as inactivity is one of the leading causes of death and a major risk factor for diseases such as heart disease, cancer, and diabetes.

The UN resolution on IDY encourages governments, organizations, and individuals to participate and spread awareness of Yoga's benefits. To maximize its impact, standard procedures have been established to make Yoga more accessible and ensure lasting engagement. Many individuals who learn the Common Yoga Protocol (CYP) during IDY continue practicing even after the event, highlighting its long-term benefits.

In India, IDY is observed with a synchronized Yoga session based on the Common Yoga Protocol (CYP), a structured 45-minute routine. The event typically runs from 6:00 a.m. to 7:00 a.m., with the CYP session from 6:00 a.m. to 6:45 a.m., followed by additional activities such as Yoga practices, speeches, or prayers for the remaining 15 minutes. The session is also broadcast on national television, allowing people across the country to participate together.

By celebrating IDY, millions worldwide embrace Yoga as a simple, cost-effective way to improve health and well-being, reinforcing its role in fostering a healthier global community.

As per the direction of O/o DC MSME, CTTC has been observing the IDY since 2015 and shall be observed on 21.06.2025 this year. Therefore, all the employees and faculties are requested to participate and inform all the OJT/trainees outlining the significance of International Day of Yoga (IDY) and its observance and participate on 21.06.2025.

