

**Suggestive Activities of Ministries/Departments on IDY 2023**

- Activities as per ppt attached.
- Observe IDY from Desert to Forest, River to sea, Village to Industry, toddler to Old Age. (Anganwadi to Old Age home- People under palliative care)
- Encourage employees to participate in activities already hosted on MyGov platform.
- Display IDY logo and Banners on website, PM's Quotes on Yoga on offices/ ABs, subordinate and attached organizations.
- Propagation at Amrit Sarovars, hospitals, health and wellness centers, police stations, bus stations, panchayat, municipality-corporation-taluk-village offices, Resident Welfare Associations.
- Y- Break protocol/ app may be introduced to all government offices.
- Publishing Yoga and IDY specific articles in official e-newsletters, bulletins, magazines etc.
- Organizing Yoga webinars, workshops. Employees may be encouraged to participate in these and get quality training in the same.
- Promotion of IDY activities through social and cultural programs, nukkad natak etc.
- Making and disseminating IDY promotional videos by prominent celebrities/sports persons, yoga gurus, cultural icons etc.
- Usage of eco-friendly yoga products and accessories.
- Using ASHA/ANM workers, SHGs, Youth organizations. Volunteers, prominent sports bodies, corporates, startups, clubs and associations to spread the message of Yoga.
- Encouraging common people to participate in IDY campaign activities organized by CSCs and Commonwealth Community Radio (CEMCA).
- Sharing of the videos/ photos of the IDY observations at the following (Email: [idy2023ayush@gmail.com](mailto:idy2023ayush@gmail.com)) with description of place and number of participants.
- Creatives and other material for IDY 2023 amplification are available at <https://bit.ly/45OC60n>

