



Ministry of Culture
Government of India

AZADI KA
AMRIT MAHOTSAV



CENTRE FOR CULTURAL RESOURCES AND TRAINING

(Under Ministry of Culture, Govt. of India)

7th International Day of Yoga (IDY) **21st June 2021**



Be With Yoga Be At Home

BRIEF REPORT OF ACTIVITIES



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Activities Conducted

- ☐ Observance of IDY 2021 by practicing Common Yoga Protocol (CYP) in collaboration with Routes 2 Roots
- ☐ Participation of CCRT Staff in IDY 2021 Quiz on MyGov.in
- ☐ Promotion of IDY through digital and social media platforms of CCRT



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Observance of IDY 2021 by practicing Common Yoga Protocol (CYP) in collaboration with Routes 2 Roots

- ☐ CCRT in collaboration with a Non-Profit Organization Routes 2 Roots organized a 45 minutes practice session of CYP on June 21.06.2021
- ☐ Staff and Teachers of CCRT participated in this virtual session from 7:45 AM to 8:30 AM
- ☐ Renowned Yoga Guru Dr. Sanjeev Pathak mentored the programme and the same was streamlined virtually through Microsoft Teams
- ☐ In total around 100 staff and Teachers of CCRT participated in the live session



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Participation of CCRT Staff in IDY 2021 Quiz on MyGov.in

- ☐ All the Staff of CCRT were encouraged to participate in the online International Day of Yoga 2021 Quiz conducted on MyGov.in
- ☐ Post participation, they submitted their respective Certificate of Participation to CCRT.
- ☐ This quiz enhanced the knowledge of the staff with regards to various aspects of Yoga



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Promotion of IDY through Digital and Social Media platforms of CCRT

- ☐ CCRT actively promoted the 7th International Day of Yoga (IDY) through its various digital and social media platforms like YouTube, FaceBook, Twitter, Instagram , CCRT Website etc
- ☐ The live videos on CCRT Official YouTube channel and Special Video Link on YouTube created in collaboration with Routes 2 Roots garnered more than 1500 views
- ☐ The IDY was also promoted through other Social Media platforms like FaceBook, WhatsApp etc. to create a buzz about the programme



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Snippets

