



## **6<sup>th</sup> INTERNATIONAL DAY OF YOGA (IDY) CELEBRATIONS**

**21<sup>st</sup> June, 2020**



**CENTRAL COUNCIL FOR RESEARCH IN SIDDHA  
SCRI BUILDING, Anna Govt. Hospital Campus,  
Arumbakkam, Chennai -106.**

### **CENTRAL COUNCIL FOR RESEARCH IN SIDDHA (CCRS)**

Given the context of the Current prevailing situation concerning COVID-19 pandemic, an advisory was issued by Ministry of AYUSH to celebrate IDY 2020 in a non-congregative manner. The staff of CCRS observed the International day of Yoga on 21<sup>st</sup> June 2020 by following the Common Yoga Protocol (CYP) at home along with family members and had submitted the photos. About 23 families and 61 persons participated in the IDY 2020 celebrations by performing the Common Yoga Protocol at home or in office with adequate social distancing measures.



### **SIDDHA CENTRAL RESEARCH INSTITUTE (SCRI), CHENNAI**

The staff of SCRI observed the International day of Yoga on 21<sup>st</sup> June 2020 by following the Common Yoga Protocol (CYP) at home along with family members and had submitted the photos. About 73 families and 218 persons participated in the IDY 2020 celebrations by performing the Common Yoga Protocol at home or in office with adequate social distancing measures.



### **SIDDHA REGIONAL RESEARCH INSTITUTE (SRRI), PUDUCHERRY**

SRRI, Puducherry had organized the following activities for the celebration of International Day of Yoga 2020.

A Webinar on “Yogam” Awareness was organised by Field Outreach Bureau, Ministry of Information & Broadcasting, GoI, Puducherry on 19-06-2020 (03:30 p.m. to 05:00p.m.) jointly with Siddha Regional Research Institute, Puducherry. Dr. A.Rajendra Kumar, Research Officer (Siddha), Scientist – II, In-charge of SRRI, Puducherry briefed about the importance of Yoga followed by the demonstration by the Research Officials Dr. B. Chitra, Dr. S. Shunmugaram, Dr. A. Lavanya and Dr. A. Faridha as per the Common Yoga Protocol. Around 100 members participated and benefitted.

As per the directives issued by the Ministry of AYUSH, the staff of SRRI, Puducherry were intimated to observe the IDY on the theme of Yoga at Home, Yoga with Family on 21-06-2020 (Sunday). 10 families and 42 members participated in the IDY 2020 celebrations by doing the Common Yoga Protocol either at home or at Institute premises with adequate social distancing measure.





## SIDDHA REGIONAL RESEARCH INSTITUTE (SRRI), THIRUVANANTHAPURAM

The staff of SRRI Thiruvananthapuram observed the International day of Yoga on 21<sup>st</sup> June 2020. Intimation was given to follow the common Yoga Protocol at 6.15 a.m. and do Yoga at home with family due to the spread of COVID 19. The staff of SRRI, TVPM performed Yoga at home on 21<sup>st</sup> June 2020 and submitted the reports with photos. About 26 families and 39 persons participated in the IDY 2020 celebrations by performing the Common Yoga Protocol at home or in office with adequate social distancing measures.



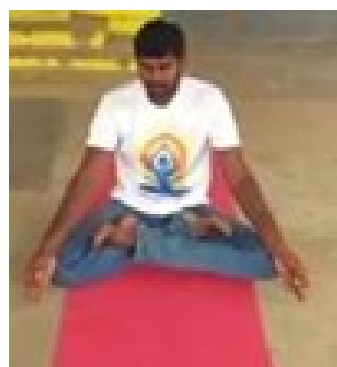
### **SIDDHA CLINICAL RESEARCH UNIT (SCRU), PALAYAMKOTTAI**

The staff of Siddha Clinical Research Unit, Palayamkottai observed IDY 2020 in search of good health and peace of mind. They performed Yoga on 21.06.2020, Sunday at 7 a.m. by following the Common Yoga Protocol released by the Ministry of AYUSH, along with their family members at homes in a non-congregative manner. About 9 families and 20 persons participated in the IDY 2020 celebrations by performing the Common Yoga Protocol at home or in office with adequate social distancing measures.



### SIDDHA MEDICINAL PLANTS GARDEN (SMPG), METTUR DAM

SMPG, Mettur Dam celebrated the 6<sup>th</sup> International Day of Yoga 2020, on 21<sup>st</sup> June, 2020, with the theme of “*My life My Yoga*” (*Jeevan Yoga*) aimed to highlight the health building and stress relieving aspects of Yoga as it is highly hugely relevant. Due to the current COVID-19 pandemic, including the restrictions on the movement of people and slowdown in daily activity, the staff of SMPG practiced their Yoga from Home itself. About 30 staff (Office and Garden) with their family members practised different Yogic practises Like Kriya, Asana, Pranayama and Mudra. The selected Videos of these Yogic practices have been uploaded in the respective social media as per the guidelines provided by Ministry of AYUSH, Government of India towards “*My Life My Yoga*”, Video Blogging Competition. About 13 families and 26 persons participated in the IDY 2020 celebrations by performing the CYP at home or in office with adequate social distancing measures.





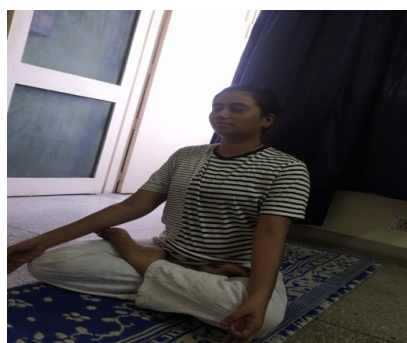
### **SIDDHA CLINICAL RESEARCH UNIT (SCRU), NEW DELHI**

All the staff of Siddha Clinical Research Unit, New Delhi took part in the International Day of Yoga 2020 on 21.06.2020, Sunday. They did Yoga along with their family Members as well as by themselves with the help of arrangements made by Ministry of AYUSH in form of Nationwide Demo of Standard Yoga Protocol that was broadcasted through Social Media and Doordarshan television on 21.06.2020 at 7.00 A.M. About 12 families and 19 persons participated in the IDY 2020 celebrations by performing the Common Yoga Protocol at home or in office with adequate social distancing measures.



**AYUSH WELLNESS CLINI (AWC), RASTHRAPATHI BHAWAN, PRESIDENT'S  
ESTATE, NEW DELHI**

All the staff of AYUSH Wellness Clinic, New Delhi were part of the International Day of Yoga 2020 celebrations on 21.06.2020 (Sunday). They performed as per the Common Yoga Protocol demonstration that was broadcasted through Social Media and Doordarshan TV on 21.06.2020 at 7.00 A.M. as arranged by the Ministry of AYUSH. About 6 families and 6 persons participated in the IDY 2020 celebrations by performing the Common Yoga Protocol at home or in office with adequate social distancing measures.



**SIDDHA CLINICAL RESEARCH UNIT (SCRU), BENGALURU**

SCRU, Bengaluru observed the International day of Yoga on 21<sup>st</sup> June 2020 by following the Common Yoga Protocol (CYP) at home along with family members and had submitted the photos. About 9 families and 19 persons participated in the IDY 2020 celebrations by performing the Common Yoga Protocol at home or in office with adequate social distancing measures.



## SIDDHA CLINICAL RESEARCH UNIT (SCRU), TIRUPATI

SCRU, Tirupati observed the International Yoga Day-2020 in a safest and efficient manner. The following activities were observed by SCRU, Tirupati with the collaboration of Sri Venkateshwara Institute of Medical Sciences, Tirupati.

A meeting regarding devising way of celebrating this year's IDY 2020 was conducted on 19.6.2020 in which conducting online Yoga session and yoga-essay writing competition on was finalised. The Vice chancellor of SVIMS approved for it.

### Online Yoga Session:

On the occasion of International Day of yoga SVIMS, SCRU, Tirupati, Art of living organization jointly conducted the yoga demonstration on Zoom application. Mr. Suresh, Art of Living teacher, demonstrated in which Dr. Rajalakshmi, SCRU, Tirupati and around 150 persons from various departments of SVIMS participated in Online Yoga session. The Demo started at 7am and end at 7.45 am for a span of 45 minutes. The session started with basic relaxation techniques, Asanam in the common yoga protocol and concluded with different types of pranayamam and meditation.



All the staffs of SCRU, Tirupati, participated in online blog, my life, my yoga competition. Uploaded the video in both website [www.mylifemyyogavideobloggingcompetition](http://www.mylifemyyogavideobloggingcompetition) and Facebook in Ministry of AYUSH page. About 13 families and 23 persons participated in the IDY 2020 celebrations by performing the CYP at home or in office with adequate social distancing measures.

### Yoga Essay Writing Competition:

The Yoga essay writing competition jointly organized by SVIMS and SCRU, Tirupati was held on 25/6/2020 at 5pm-6pm. The competition was bilingual, held both in English and



Telugu. The topics were “*The Holistic Role of Yoga in the Present context of COVID-19 Pandemic*” and “*Prasthutha COVID-19 mahammari samayamlo yoga yokka samagra pathra*”. The essay competition was held through Google forms in which five set of questions related to yoga and Siddha was also asked. After completion of one hour of competition timing, scanned papers were uploaded in Google forms within 30 min. SCRUI, Tirupati sponsored the Prizes under six categories 3 prizes each for both Telugu and English. The program was coordinated by Dr. N. Sharvani, Associate professor, SVIMS, Tirupati and Dr. S. Rajalakshmi, Research associate, SCRUI, Tirupati. The Jury for English essays included Dr. K. Samraj, SCRUI and Mr. Suresh, Art of Living teacher. The Jury for Telugu essays included Dr. N. Sharvani and Mrs. Vijayalakshmi, Art of Living teacher.



### Central Council for Research in Siddha

**Estimates of Persons and Families practising CYP at 7am on 21<sup>st</sup> June 2020.**

<b>Sl. No</b>	<b>Name of unit/ organization</b>	<b>Ministry/ Dept.</b>	<b>Number of Families Participated</b>	<b>Number of People Participated</b>
1.	Central Council for Research in Siddha, Chennai	Ministry of AYUSH	23	61
2.	Siddha Central Research Institute, Chennai	Ministry of AYUSH	73	218
3.	Siddha Regional Research Institute, Puducherry	Ministry of AYUSH	10	42
4.	Siddha Regional Research Institute, Thiruvananthapuram	Ministry of AYUSH	26	39
5.	Siddha Clinical Research Unit, Palayamkottai	Ministry of AYUSH	9	20
6.	Siddha Medicinal Plants Garden, Mettur Dam	Ministry of AYUSH	13	26
7.	Siddha Clinical Research Unit, New Delhi	Ministry of AYUSH	12	19
8.	Siddha Clinical Research Unit, Bengaluru	Ministry of AYUSH	9	19
9.	Siddha Clinical Research Unit, Tirupati	Ministry of AYUSH	13	23
10.	AYUSH Wellness Clinic, Siddha Clinical Research Unit, New Delhi	Ministry of AYUSH	6	6