

Ref. No. 18-ITPO(1)/E-I/2018

Bharat Mandapam, New Delhi

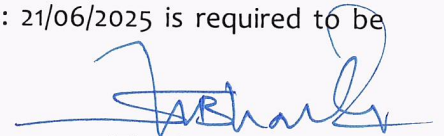
29 April 2025

**Circular No. Admin/ 26 /2025**

The Competent Authority has approved the following action plan/activities for the International Day of Yoga on 21<sup>st</sup> June 2025:

- a) All ITPO officials to participate in activities hosted on MyGov platform.
- b) IT Services Division to display IDY logo/banner and information related to International Day of Yoga on ITPO's website.
- c) Publicity Unit to publish Yoga, IDY specific articles, IDY logo/banner and information on ITPO's social media handles.
- d) All Officials/YPs/Consultants are requested to download the following Apps:
  - ❖ **Namaste Yoga App** - This App a one stop health solution that enables people to access yoga related information, yoga events and Yoga classes at their fingertips. The app also provides information on one's physical activity in terms step count and calories burnt. The link for the app is [https://play.google.com/store/apps/details?id=yogatracker.np.com.yogatracker&hl=en\\_IN](https://play.google.com/store/apps/details?id=yogatracker.np.com.yogatracker&hl=en_IN)
  - ❖ **Y Break App** - This App is a digital platform developed by Morarji Desai National Institute of Yoga, Ministry of Avush, Government of India to promote Yoga practise in Working population to de-stress, refresh and re focus at their workplace to increase their productivity, and consists of Asanas, Pranayama and Dhyana. The link for the app is [https://play.google.com/store/apps/details?id=ybreak.ayush.gov.in&hl=en\\_IN](https://play.google.com/store/apps/details?id=ybreak.ayush.gov.in&hl=en_IN)
  - ❖ **Yoga- Ayush Portal:** Dynamic portal with all details, digital assets and latest information about IDY activities. The link for the app is <https://yoga.ayush.gov.in/YAP/>

Compliance of the Action Plan for International Day of Yoga: 21/06/2025 is required to be submitted to Administration (E-I Section) by 26/06/2025.



(Shankra Nand Bharti)  
GM(BM-Coord)/HoD(Admin)

To: All employees

Copy to:

1. All HoDs
2. Regional offices (Mumbai, Chennai & Kolkata)
3. IT Services Division – For uploading on ITPO website
4. Security Services Division/Publicity Unit
5. Notice Board

Copy for information to:

1. PSO to CMD
2. PA to ED