



वैद्य राजेश कोटेचा
Vaidya Rajesh Kotecha

सचिव
भारत सरकार
आयुष मंत्रालय
आयुष भवन, 'बी' ब्लॉक, जी.पी.ओ. कॉम्प्लेक्स,
आई.एन.ए, नई दिल्ली-110023

Secretary
Government of India
Ministry of Ayush
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D.O. No. X-18030/147/2021-CDN
Dated: 26th August 2021

Dear Secretary,

Our nation is celebrating Azadi Ka Amrit Mahotsav. As a part of the celebrations, Ministry of Ayush has planned activities and events which will be launched during the week, from 30th August, 2021 to 5th September, 2021. With participation of all Departments of Government of India and the State Governments, the activities will continue throughout the year, taking the Ayush services to the people.

2. Ministry of Ayush has designed and developed a five minute Yoga protocol, Y-break, which includes Asanas, Pranayam and Dhyana. The Y-break app will be launched during the week. The protocol is helpful for Government and Private Sector employees to de-stress, refresh and re-focus with enhanced immunity at their workplaces. A webinar is also planned during the week. Activity for accelerating the globalization of Yoga certification which aims to certify a total of 75,000 Yoga professionals from 75 countries will also be launched during the week.

3. Series of lectures on healthy lifestyle through Ayush Systems for Higher Secondary Schools and Undergraduate College students will be launched on 4th September, 2021 and will be carried out throughout the year. Lectures will be conducted in 75,000 Colleges and Higher Secondary Schools across the country in the year. Distribution of IEC material on Ayush Systems including Medicinal Plants and Health & Hygiene will also be done. The activities are intended to sensitize students towards Ayush Health Care Systems so that the students understand and adopt healthy living styles from younger age itself. They will also be aware of the strengths of Indian traditional medical systems, so that they adopt for these systems rightly. This effort will help in building a healthy India.

4. Distribution of Ayush prophylactic medicines to combat the COVID pandemic with a special focus on the 60+ age group will be launched during the week. It will help our community to build the immunity level against the COVID pandemic. Along with this, the guidelines on healthy diet and lifestyle will also be disseminated. Further, as this is a nationwide campaign for the welfare of the general public and a vast number of citizens are anticipated to be directly benefitted from the activity, it is pertinent that all Government agencies take a proactive lead to coordinate for smooth distribution. Moreover, this is an opportunity for all academic institutions to showcase their support for such a great cause through this large scale activity. They may encourage faculty, staff and students to contribute to this activity by organizing distribution camps in coordination with

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their local Ayush bodies. Moreover, it will be highly appreciated if the local agencies under the Union Government or State Governments provide necessary assistance for obtaining permissions and arranging essential logistics support for distribution of Medicine in COVID affected/restricted/ lockdown areas under this campaign.

5. 'Ayush Aapke Dwar' is an activity that aims at the distribution of medicinal plants saplings to households. The concept of growing medicinal plants in the kitchen garden will be promoted. The Ministry will also launch activity for the cultivation of medicinal plants covering 75,000 hectares of land. This will ensure the availability of medicines and will be a source of steady income for the farmers. These activities will be implemented through National Medicinal Plants Board and State Medicinal Plants Board.

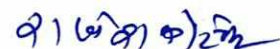
6. You are requested to inform your good offices for participation and necessary support to the activities.

7. In case of any assistance, following Nodal Officers from Ministry of Ayush may be contacted:

- i) Shri D. Senthil Pandiyan, Joint Secretary-Tele. 011-24651940, Mob. 08650020003 and Email- dsenthil@ias.nic.in
- ii) Dr. Mahesh Dale Bhagwat, Deputy Secretary-Mob.-09503788422, Email- drmahesh@nic.in

With regards,

Yours sincerely,



(Rajesh Kotecha)

All Secretaries to the Government of India.