



Indian Renewable Energy Development Agency Limited
(A Government of India Enterprise)
ISO 9001:2015, 27001:2013 Certified

International Day of Yoga (IDY) 2021

A. VIDEO LINKS

1. Featured Videos: By Sri Sri Ravi Shankar (3:16 secs)

<https://youtu.be/Q9QSUZ3HOZE>

2. Common Yoga Protocol Videos

- **Hindi:** [\(191\) IDY CYP FILM HINDI - YouTube](#) (approx. 53 mins)
- **English:** [\(191\) IDY CYP FILM ENGLISH - YouTube](#)

B. Common Yoga Protocol

- [\(Hindi\)](#)
- [\(English\)](#)

C. Digital Resources for Yoga

D. IDY competitions organized by MoA on MyGov platform [\(https://www.mygov.in/\)](https://www.mygov.in/)

E. IDY Jingle Contest

[\(https://www.mygov.in/task/international-day-yoga-2021-jingle-contest/\)](https://www.mygov.in/task/international-day-yoga-2021-jingle-contest/)

F. IDY Quiz (<https://quiz.mygov.in/quiz/international-day-of-yoga-2021-quiz/>).

Yoga for Harmony & Peace