

Standard Operating Procedure (SOP) for Organising 'Yoga Sangam' event

Ministry of Ayush | International Day of Yoga (IDY) 2025

Flagship Signature Event: Yoga Sangam

Purpose

The SOP provides comprehensive guidelines to event organisers for the successful planning, management, and documentation of the 'Yoga Sangam' event. This is an indicative SOP, and all guidelines are not mandated. Organisations may adapt according to the local safety, health guidelines and other procedural requirements.

Event Details

'Yoga Sangam' is the flagship Signature Event of the International Day of Yoga (IDY) 2025. Other nine IDY Signature Events are designed to add to the buildup of Yoga Sangam.

'Yoga Sangam' is a special effort to mark the occasion of the 10th Anniversary of the IDY observation, aiming to expand yoga's grassroots reach, and to ensure that everyone can access its benefits. Taking place on 21st June 2025, it will be a groundbreaking initiative unfolding a synchronised, yet distributed mass yoga demonstration at 1,00,000 locations across India.

Scope

This SOP applies to all partner organizations, including Government organisations, educational institutions, private entities, Resident Welfare Associations (RWAs), NGOs, community groups, and other parties conducting 'Yoga Sangam' event across India.

Objectives of Yoga Sangam

- **National Integration:** By bringing together participants from diverse backgrounds, regions, and cultures, Yoga Sangam will foster national unity and societal harmony.
- **Health and Wellness:** The event will inspire people to incorporate yoga into daily life, enhancing the nation's overall health and wellness.
- **Cultural Heritage:** Celebrating India's rich legacy, Yoga Sangam will reinforce the country's role as the global focal point of yoga.
- **Awareness and Accessibility:** Yoga Sangam is dedicated to promoting yoga's benefits and ensuring it is accessible to all, regardless of socio-economic status.

Pre-Event Activities

Activity	Description
Registration	<ul style="list-style-type: none">• Register for the event as organisers on the Yoga portal (https://yoga.ayush.gov.in/yoga-sangam) and submit all necessary information

Overall Co-ordination	<ul style="list-style-type: none"> • Coordinate with local authorities (if required) for organising the event • Finalise the list of participants for the event • Send special invites to chief guests, if required
Venue and Event Planning	<ul style="list-style-type: none"> • Finalise medium to large sized venue with green spaces • Clean sweep venue before the event • Ensure branding of the venue as per guidelines issued by the Ministry of Ayush • Partner with a trained/certified yoga instructor to lead others in Common Yoga Protocol (CYP). You can reach out to institutions like Ayushman Arogya Mandir (AAM), International Yoga Association (IYA), and Yoga Certification Board (YCB) for support on training on CYP. • Ensure provisions for first aid support and emergency response
Social media	<ul style="list-style-type: none"> • Share the registration message - “We are happy to share that we have registered to organise the ‘Yoga Sangam’ as part of #IDY2025. You can also become a ‘Yoga Sangam’ organiser by visiting https://yoga.ayush.gov.in/yoga-sangam and be a part of this movement #YogaforOneEarthOneHealth” • Follow the social media channels of the Ministry of Ayush- Instagram: https://www.instagram.com/ministryofayush/ Facebook: https://www.facebook.com/moayush/ X : https://x.com/moayush/ YouTube: https://www.youtube.com/@MinistryofAyushofficial

Activities on event day (7 AM – 7:45 AM, 21st June 2025)

Activity	Description
Distribute Yoga Kits	<ul style="list-style-type: none"> • Distribute yoga accessories (such as yoga mats, caps, etc) to participants – if applicable
Opening Session	<ul style="list-style-type: none"> • Deliver a welcome speech and offer a brief overview of IDY vision and the structure of the event. • Request the chief guests to deliver a message, as deemed appropriate
Participant Assembly	Group participants with appropriate physical distancing
Yoga Session	Conduct yoga as per the CYP at the venue from 7 AM – 7:45 AM. If introductory speeches/live streaming of Honourable Prime Minister’s IDY address is planned, the event may start at 6:30 AM
Photography	Capture videos, photos
Social media	Live stream the event and share photos on social media channels
Closing Session	Deliver a gratitude speech and thank chief guests and participants for their support and association

Post-Event Activities

Activity	Description
Clean-up	Ensure that the location is cleared after the event and waste, if any, is managed sustainably
Post-event survey	Upload event details such as the number of participants and images on the Yoga portal (yoga.ayush.gov.in)
Social media	Upload photos, videos, reels on social media channels

Support from the Ministry of Ayush

- Provision of official branding guidelines
- Online training material
- Information regarding the availability of CYP trainers in organiser's locality, if required.
- Digital promotion through official platforms.
- Coordination support from AAM, IYA, and YCB.

Certificates will be awarded to the organisers in recognition of their successful execution of the 'Yoga Sangam' event.

(For further information or clarifications, you may write to us at idy.coordination@gov.in.)