

Digital Assets and Their Role in IDY

To outreach and maximum participation on International Day of Yoga (IDY), 2025, GKCIET organized various activities with reference to the Ministry of Education, Department of Higher Education with D.O.No.29-2/2025-S&S, New Delhi, the 18-03-2025, and the Ministry of Ayush.

Under the dynamic leadership of Honorable Director Prof. Siby John, GKCIET gave wide circulation through an email regarding the use of Digital Assets during IDY 2025 among the faculty, staff and students of the institute.

The coordinators are

Dr. Southik Nandi

Dr. Kiran Yarrakula

a) **Namaste Yoga App** - This App is 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 of 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

b) **Y Break App** - This App is a digital platform developed by Morarji Desai National Institute of Yoga, Ministry of Ayush, Government of India to promote Yoga practise in Working population to de-stress, refresh and refocus 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

The Ministry of Ayush has successfully harnessed digital tools to transform the International Day of Yoga into a truly global movement. By continuously evolving and promoting its digital assets, the Ministry not only celebrates Yoga but also strengthens its long-term mission of creating a healthier world through traditional Indian wellness systems.