



सां/No.: 5-1(17)/2008-PD

दिनांक/Dated: 06.06.2017

प्रेषक / From:

संयुक्त सचिव (प्रशासन)
Joint Secretary (Admn.)

सेवा में / To :

सी.एस.आई.आर. के सभी राष्ट्रीय प्रयोगशालों/संस्थाओं/इकाईयों के निदेशक/प्रमुख
The Directors/Heads of all National Labs./Instts./Units of CSIR

विषय/Sub: अंतर्राष्ट्रीय योग दिवस के संबंध में / International Yoga Day – reg.

महोदय/Sir / महोदया/Madam,

मुझे सचिव, भारत सरकार, आयुर्वेद, योग व प्राकृतिक चिकित्सा, यूनानी, सिद्ध एवं होम्योपैथी (आयुष) मंत्रालय के दिनांक 08.03.2018 के अर्धशासकीय पत्र सं. S-11012/07/2018-Y&N Cell को आपकी जानकारी, मार्गदर्शन और अनुपालन के लिए अग्रेषित करने का निदेश हुआ है।

I am directed to forward herewith D.O letter No. S-11012/07/2018-Y&N Cell dated 08.03.2018 received from Secretary, Ministry of Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy (AYUSH), Govt. of India for information, guidance and compliance.

श्री बी. के. सिंह, उपसचिव (के.का.), सी.एस.आई.आर.-मुख्यालय को अंतर्राष्ट्रीय योग दिवस के लिए सी.एस.आई.आर. का नोडल अधिकारी नामांकित किया गया है। कृपया अनुरोध है कि फोटो और वीडियो के साथ अनुपालन रिपोर्ट सीधे ईमेल (dsco@csir.res.in) के माध्यम से साथ ही एक विधिवत हस्ताक्षरित हार्ड कॉपी के माध्यम से नोडल अधिकारी को 26.06.2018 तक भेजें।

Sh. B. K. Singh, Deputy Secretary (CO), CSIR H'qrs has been nominated as Nodal officer of CSIR for International Yoga Day. It is kindly requested to send compliance report along with Photos and vedios directly to Nodal Officer through email (dsco@csir.res.in) as well as through a duly signed hard copy latest by 26.06.2018.

भवदीय/Yours faithfully,

- विनोद कुमार

(विनोद कुमार /Vinod Kumar)
अवर सचिव (नीति प्रभाग) / US(PD)

संलग्न/Encl. : यथोपरि/As above

प्रतिलिपि/Copy to:

- 1) Head, IT Division with the request to make these DO letter available on the website & Policy Repository.
- 2) श्री बी. के. सिंह, उपसचिव (के.का.), सी.एस.आई.आर.-मुख्यालय / Sh. B. K. Singh, Deputy Secretary (CO), CSIR H'qrs
- 3) कार्यालय प्रति/Office copy



सत्यमेव जयते

वैद्य राजेश कोटेचा
Vaidya Rajesh Kotecha



सचिव

भारत सरकार

आयुर्वेद, योग व प्राकृतिक चिकित्सा
यूनानी, सिद्ध एवं होम्योपैथी (आयुष) मंत्रालय
आयुष भवन, 'बी' ब्लॉक, जी.पी.ओ. कॉम्पलेक्स,
आई.एन.ए., नई दिल्ली-110023

SECRETARY

GOVERNMENT OF INDIA

MINISTRY OF AYURVEDA, YOGA & NATUROPATHY

UNANI, SIDDHA AND HOMOEOPATHY (AYUSH)

AYUSH BHAWAN, B-BLOCK, GPO COMPLEX

INA, NEW DELHI-110023

Tel. : 011-24651950, Fax : 01124651937

E-mail : secy-ayush@nic.in

D.O. No. S-11012/07/2018-Y&N Cell

Dated: 08th March, 2018

Dear Shri Sahmaji,

It is a pleasure to write to you regarding the International Day of Yoga(IDY). As you are aware, 21st June is observed as IDY every year. This practice started in 2015, when at the initiative of Hon'ble Prime Minister Shri Narendra Modi, the United Nations General Assembly took a historic decision to declare 21st June as the International Day of Yoga. As you would agree, this worldwide acceptance of Yoga is a matter of pride for our country, as Yoga is an integral part of our cultural and spiritual heritage.

2. I am happy to convey that the preparations for the 4th International Day of Yoga which falls on 21st June, 2018 is already under way. The Ministry of AYUSH hopes to take the momentum created by IDY 2015, 2016 and 2017 further forward. The Ministry's aim is to bring more citizens into the fold of the activities of IDY 2018 than the previous years, thereby spreading the rewards of Yoga in terms of physical and emotional well-being among all sections of our society. **Government servants and other stake-holders of the different Ministries/ Departments are an important target group that this Ministry hopes to rope in, into the Yoga movement.** I am writing to you to seek your support in this national effort. I would request you to carry out advance planning and preparations for the observation of IDY on 21st June, 2018. The central event of IDY, as in the previous years, would be the Mass Yoga Demonstration based on the Common Yoga Protocol (CYP). However, the objective of this exercise is not just a one-day celebration - it aims to make all participants aware of the immense rewards that the pursuit of Yoga can bring to the individual and the family,

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and thereby inspire them to continue the practice of Yoga beyond Yoga Day. The CYP is a 45 minutes sequence of Yoga exercises designed by Yoga experts in the country with the objective of maximising the well-being of the people. Details of the CYP in the formats of e-book and video may be downloaded from the website yoga.ayush.gov.in.

3. **All Ministries/Departments have various staff welfare programmes, and dovetailing of IDY- 2018 into these can be considered.** I would be grateful if you could issue necessary instructions to all officers of your Ministry/Department and attached & subordinate offices located in different parts of the country to prepare a detailed action plan for celebrating the International Day of Yoga, 2018. A Nodal Officer of your Ministry/Department may kindly be nominated and details communicated to Dr. I. N. Acharya, Joint Advisor(Yoga), Ministry of AYUSH (Tel: 24656863; e-mail: yoganaturopathycell@gmail.com) for seamless coordination. The Ministry of AYUSH would be keen to hear about the activities and best practices that the other Ministries/Departments put in place for IDY-2018.

4. The Government's aim is to make Yoga an integral part of the citizens' lifestyle and thereby secure a healthy life for all. I seek your support in making the International Day of Yoga 2018 a highly participated event in your Ministry/Department and also request you to organise Mass Yoga Demonstrations based on the CYP on 21st June, 2018 from 7:00 AM to 8:00 AM, and to encourage the staff/officers and main stake-holders of the Ministry/Department to participate in the same.

With regards,

Yours sincerely

(Signature)

(Rajesh Kotecha)

Shri Girish Sahni

Secretary

Department of Scientific & Industrial Research,

Ministry of Science & Technology,

CSIR, Anusandhan Bhawan,

2, Rafi Marg,

New Delhi-110001