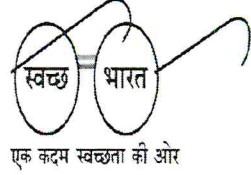




रक्षा लेखा महानियंत्रक
Controller General of Defence Accounts
उलन बटार रोड, पालम, दिल्ली छावनी-110010
Ulan Batar Road, Palam, Delhi Cantt.-110010



No. AN/III/3012/Misc/Yoga/Vol.XIV

Dated: 01.06.2018

To,

✓ All PCsDA/PCA (Fys.)/PIFAs/CsDA/CsFA/IFAs
(through CGDA website).

Subject: Celebration of International Day of Yoga on 21st June 2018-regarding.
Reference: This HQrs letter No. AN/III/3012/Misc/Yoga/Vol-XIV dated 04.04.2018.

A copy of Ministry of AYUSH DO letter dated 18.05.2018 on the subject is forwarded herewith for necessary action. Prayer and video of Common Yoga Protocol may be uploaded on the Web Portal of your organization.

2. Further, Articles and related matter about Yoga may be published in the official newsletter, bulletin or magazines of your organization.
3. Government buildings may be illuminated on the eve of International Day of Yoga appropriately atleast one week before 21st June, 2018 that would add to the sense of importance of the event.
4. Yoga Charts and standees may be displayed inside the office premises.
5. Yoga demonstration camps may be organized in the offices utilizing the services of in-house trainers. In case, organizing such camps is not feasible in some offices, their employees may be encouraged to participate in the activities organized by other organisations on 21st June 2018.
6. A compliance report mentioning the activities carried out and photographs taken during celebration of IDY 2018 may be forwarded to this HQrs office (through e-mail only at anIII.cgda@nic.in) for consolidation and onward submission to the Ministry.


(Praveen Kumar Rai)
Sr. Dy. CGDA (AN)

Copy to:

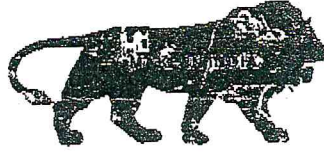
1. AN-V Section (Local): For necessary action as stated above.
2. IT&S Wing(Local) : With a request to upload on CGDA's website.


(Praveen Kumar Rai)
Sr. Dy. CGDA (AN)



सत्यमेव जयते

वैद्य राजेश कोटेचा
Vaidya Rajesh Kotecha



सचिव

भारत सरकार

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

SECRETARY
GOVERNMENT OF INDIA
MINISTRY OF AYURVEDA, YOGA & NATUROPATHY
UNANI, SIDHA, SOWA-RIGPA AND HOMOEOPATHY (AYUSH)
AYUSH BHAWAN, B-BLOCK, GPO COMPLEX
INA, NEW DELHI-110023
Tel.: 011-24651950, Fax: 011-24651937
E-mail: secy-ayush@nic.in

D.O. No. Z-28021/111/2018-IT Cell

Dated: 18th May, 2018

Dear Shri Sanjay Mitraji,

As you are aware, 21st June has been declared as International Day of Yoga (IDY). The fourth IDY will be celebrated on 21st June, 2018 world over. It is heartening to note that various Ministries, Departments, States and UTs have already initiated preparatory steps to observe IDY in befitting manner.

2. Common Yoga Protocol (CYP) is the centre-piece of all activities related to IDY. The Asanas and practices forming part of the CYP are selected in such a way as to yield the maximum health and well-being rewards to a diverse group of people from different profiles of health, age etc. Yogic practice shall start with a prayer or prayerful mood to enhance the benefits of practice.

3. To promote the adoption of CYP, the Ministry of AYUSH will be sharing Yoga Prayer and Common Yoga Protocol videos on Social Media Platforms of Ministry of AYUSH from 21st May, 2018 onwards. The URL for the Social Media Platforms is as follows: Facebook: <http://www.facebook.com/moayush/>, Twitter : <http://twitter.com/moayush>, Instagram: <http://www.instagram.com/ministryofayush/> and Yoga portal: <http://yoga.ayush.gov.in/>.

4. All Ministries/ Departments/ States/ UTs are requested to share Prayer and Common Yoga Protocol video clips on their web portals and social media accounts, so that it can reach out to masses and in turn to help disseminate this invaluable information to benefit the various strata of population for their well-being.

AS(BM)

With regards,

Yours sincerely,

(Rajesh Kotecha)

Shri Sanjay Mitra,
Secretary,
Ministry of Defence,
101-A, South Block,
New Delhi-110001

Circulate to
all concerned
for compliance
IS 76/Conv
22/5/18

22/5/18
US(welf.)

आ. सचिव को
आयुषी नं. 8225
21/5/18
दिनांक.

80m 22/5