

'हर काम देश के नाम'
रक्षा लेखा महानियंत्रक

Controller General of Defence Accounts
उलन बटार रोड, पालम, दिल्ली छावनी-110010
Ulan Batar Road, Palam, Delhi Cantt.-110010
Ph: 011-2566703, Fax : 25674806
e-mail : aniii.cgda@nic.in



F. No. AN Coord/3012/Yoga/2021 dated 27.04.2021.

To

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

Subject: Observance of 7th International Day of Yoga-(IDY-2021) on 21st June 2021-regarding.

A copy of MoD ID No. 11011/03/2021-D(Welfare) dated 26.03.2021 alongwith DO letter no. M-16011/8/2021-YN dated 22.03.2021 from Secretary, Ministry of AYUSH on the above subject is forwarded herewith for information and necessary action.

It is requested to prepare a plan of actions for celebration of the 7th International Day of Yoga, (IDY-2021) and forward the same alongwith suggestion(s), if any, to HQrs. office through email at aniii.cgda@nic.in at the earliest for further necessary action.


(G.K. Baranwal)
Sr. Dy. CGDA(AN)

Copy to:

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


(G.K. Baranwal)
Sr. Dy. CGDA(AN)

(2)



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, SIDDHA, 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

AR
22/3/2021

D.O. M-16011/8/2021-YN
Dated: 22nd March, 2021

Dear Dr. Ajay Kumar,

I am writing this in continuation to D.O. letter No. M-16011/2/2021 dated 25.01.2021 regarding observation of Seventh International Day of Yoga i.e. IDY-2021.

The preparations for the IDY-2021 are already underway. The objective is to build an enduring public interest in Yoga by highlighting its importance and contribution as a significant asset for improving public health, emotional wellness and inspire the people to continue the practice of Yoga beyond the IDY. Ministry of AYUSH is looking forward to greater participation from the people in IDY-2021 than the preceding years. Just like IDY-2020, IDY-2021 will also be a COVID-compliant event based on the leading directions of the Government at that point of time. There will be greater focus on virtual activities.

Ministry of AYUSH is keen to partner with Ministry of Defence as one of key stakeholders in taking the event forward to a great success. Yoga is widely recognized as a productivity-enhancer, and hence is of significance to the manpower in the Government sector. Further, IDY provides a good occasion to collectively inspire our personnel to venture into this pursuit. I have listed a few indicative areas of collaboration between Ministry of AYUSH and Ministry of Defence as Annexure to this letter for your consideration.

Apart from the aforementioned activities, Ministry of Defence(MoD) may please also take up initiatives as deemed appropriate, which can be jointly agreed upon and undertaken by both the Ministries, to help promote Yoga globally, and enhance participation in the IDY-2021.

Ministry of AYUSH would be keen to hear about the activities and the best practices that the Ministry of Defence puts in place for IDY-2021. I would also request you to share your plan of action along with suggestions if any, with this Ministry so that the best practices can be further shared with the other Ministries and Departments.

With this backdrop, I seek your support in this effort to make the IDY a nation-wide campaign for public health. A Nodal Officer of your Ministry (preferably at the level of Joint Secretary) may kindly be nominated and the details may please be communicated. For any coordination with the Ministry of AYUSH, Shri P. N. Ranjit Kumar, Joint Secretary(Tel:011-24651938; e-mail: ranjitkumar-pn@gov.in) or Shri Vikram Singh, Director(Tel:011-24656863; e-mail: vikramsingh-cea@gov.in) may please be contacted.

With regards,

Yours sincerely,

(Rajesh Kotecha)

Encl. as above

Dr. Ajay Kumar,
Defence Secretary,
Ministry of Defence,
South Block,
New Delhi

15/D (welfare)
21/4/03/21

JS (welfare)
23/3/21

DS (welfare)

US (welfare)
23/3
SOT (Parl)
23/3

Office of Additional Secretary (NSY)
Dy. No. 1109
23/3/21

सचिव का कार्यालय
पत्र सं. 2824
23-3-21

Joint Secretary (Ply) & CAO Secit
Dy. No. 1157
23-03-21

AS (NSY)

Office of D.S. (Parl.)

Dy. No. 120
23/3/21

MINISTRY OF DEFENCE

D(Welfare)

Subject: - Celebration of International Day of Yoga on 21st June, 2021-reg.

Please find enclosed a copy of D.O. letter No M-16011/8/2021-YN, dated 22.03.2021 received from Secretary, Ministry of Ayurveda, Yoga, & Naturopathy Unani, Siddha Sowa-Rigpa and Homeopathy (AYUSH), which is self explanatory.

2. It is requested that the following activities may be undertaken by the Organisations under your administrative control for making the day a success:



(i) Organise workshops across all functional units to sensitize them about Common Yoga Protocol (CYP) and IDY. Videos, guides and other free online resources for training and learning (CYP) are available on the portal of the Ministry of AYUSH as well as Moraji Desai National Institute of Yoga (MDNIY) which may be utilized in such activities.

(ii) Share the CYP, IDY and Yoga-specific reference documents and promotional materials on website and social media handles of the Ministry of Defence.

(iii) Leverage marketing and advertisement network to insert IDY messaging in the outreach initiatives.

(iv) Sports bodies may take up Yoga related activities in their program and conduct IDY related activities.

(v) Training institutes can be sensitized to conduct specialized yoga sessions as part of their training schedule.

(vi) Encourage all officers and staff across all functional units to proactively participate in IDY-2021 with their families, friends and relatives.

(vii) Encouraging all the affiliated institutions and organizations to organize physical and virtual events prior to and on the 21st June, 2021 in complete compliance with the COVID-19 guidelines issued by the local administration.

(viii) Share Yoga-related awareness materials with all the affiliated institutions and organizations for IDY promotion.

(ix) Support the Ministry of AYUSH in tracking participation from the officers and staff of the Ministry across all functional units and affiliated institutions and organizations.

3. It is further requested that plan of Action alongwith suggestions, if any, may be shared with D(Welfare) Section for onward transmission to M/o AYUSH.

4. This may please be accorded TOP PRIORITY.

Encl: As Above.

(Arvind Kumar)
26/3/2021

Under Secretary(Welfare)
Tele:2301 2560/2301 2907

Contd..2/-

627/step/c/2021
31/3/2021
26/3
Dir (M) - (M)
26/3
(M) - (C)
118/Dir Fin (Ho)
30/3/21

JS(Coord/Plg) & CAO, JS(Estt.), JS&CVO(BR/MES), JS&AM(MS)	JS(AF), JS(BRO/Cer/Trg.), JS&AM(Air),	JS(Lands) & CVO, JS(IC), JS&AM(LS),
✓ Addl. FA(RK) & JS	: in r/o Defence Finance	
JS(Coord & Estt.)	: in r/o DMA	
DG(R&M)	: in r/o DRDO	
JS(P&C)	: in r/o DDP	
JS(ESW)	: in r/o DESW	

MoD I.D No. 11011/03/2021-D(welfare), dated 26.03.2021

Copy also to :-

- (i) Addl. DG (M&C)
- (ii) Chief Security Officer, MoD
- (iii) JS(Coord) & CAO
- (iv) DS (Parl)

Proposed collaborative activities between Ministry of AYUSH and Ministry of Defence for IDY - 2021

1. Organizing workshops for the departmental personnel across all functional units to sensitize them about Common Yoga Protocol (CYP) and the International Day of Yoga (IDY). It is relevant to mention that Yoga is found to be a productivity enhancer of personnel at all levels. Numerous videos, guides and other free online resources for training and learning CYP are available on the portal of the Ministry of AYUSH as well as Morarji Desai National Institute of Yoga (MDNIY) which may be utilized in such activities.
2. Sharing the CYP, IDY and Yoga-specific reference documents and promotional materials on website and social media handles of Ministry of Defence.
3. Ministry may leverage their marketing and advertisement network to insert IDY messaging in the outreach initiatives
4. Ministry's Sports bodies may take up Yoga related activities in their program and conduct IDY related activities
5. Ministry's training institutes can be sensitized to conduct specialized yoga sessions as part of their training schedule.
6. Encourage all officers and staff of Ministry of Defence across all functional units to proactively participate in IDY-2021 with their families, friends and relatives.
7. Encouraging all the affiliated institutions and organizations to organize physical and virtual events prior to and on the 21st June, 2021 in complete compliance with the COVID-19 guidelines issued by the local administration.
8. Sharing Yoga-related awareness materials with all the affiliated institutions and organizations for IDY promotion.
9. Supporting the Ministry of AYUSH in tracking participation from the officers and staff of Ministry of Defence across all functional units and affiliated institutions and organizations.