Government of India (Bharat Sarkar)
Ministry of Railways (Rail Mantralaya)
(Railway Board)

No. E(MPP)2021/3/13 **New Delhi, Dated 01 .06.2021**

The General Managers,
All Indian Railways &
Production Units.

Director Generals,
RDSO/Lucknow.
NAIR/Vadodara.

Directors, Centralized Training Institute, CMDs of
Railways PSUs

Sub: Observation of 21st June 2021 as 'International Day of Yoga (IDY).

United Nations has declared 21st June as 'International Day of Yoga'.

2. To enhance the awareness about Yoga benefits among employees of Indian Railways and to mark it as a great event, this year 21st June, 2021 may be observed as 7th **'International Day of Yoga (IDY)'** all over Indian Railways. The directions contained in the DO letter of Secretary, Ministry of AYUSH dated 08th March, 2021 (copy enclosed) addressed to Chairman, Railway Board may be strictly adhered to.

3. Railways/PUs/PSUs may organize Yoga Programme for duration of at least 45 minutes as per "Common Yoga Protocol(CYP)" advised by Ministry of AYUSH. Details of CYP in the formats of e-book and video may be downloaded from the website yoga.ayush.gov.in.

4. All officers/Staff may be motivated to participate on this occasion in large numbers by explaining to them the benefits & importance of Yoga in life.

5. Kindly acknowledge receipt.

Encl: As above.

1.06.2021

(Deepak Peter Gabriel)
Principal Executive Director/IR
Railway Board

Copy to:- Secretary/Railway Board with request to make arrangements for celebration of 21st June, 2021 as 'International Day of Yoga (IDY)' in Railway Board.



सत्यमेव जयते

वैद्य राजेश कोटेचा
Vaidya Rajesh Kotecha

Chairman, Railway Board
Office No. 8455864
12.3.2021

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
ANI, 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

D.O. No.M-16011/2/2021-YN
Date: 8th March 2021

Dear Shri Suneet Sharmaji,

As you are aware, at the initiative of the Shri Narendra Modi, Hon'ble Prime Minister of India, the United Nations General Assembly (UNGA) had taken a historic decision in 2014 to declare the 21st of June as the International Day of Yoga (IDY). 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.

The preparations for the IDY-2021 are already underway and there is immense potential to utilize this occasion to remind the people across the globe about the benefits of Yoga. 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 and emotional wellness and inspire the people to continue the practice of Yoga beyond the International Day of Yoga (IDY). Ministry of AYUSH, as the nodal Ministry for IDY, 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.

The role of Yoga as a productivity-enhancer is being increasingly recognized around the world. The observation of IDY is therefore of particular significance to government servants. There are multiple avenues within the domain of the Ministry of Railways to take the observation of IDY forward with momentum. I have listed a few indicative areas of collaboration as **Annexure** to this letter for your consideration.

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

Contd....2/-

Ministry of AYUSH would be keen to hear about the activities and the best practices that the Ministry of Railways 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 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 KUMAR KOTECHA

Digitally signed by RAJESH KUMAR KOTECHA
Date: 2021.03.08 18:08:21 +05'30'

(Rajesh Kotecha)

Encl. as above

Shri Suneet Sharma,
Chairman,
Railway Board
Ministry of Railways
crb@rb.railnet.gov.in

Annexure

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

1. Organizing physical and virtual workshops for the Railways personnel to sensitize them about the Common Yoga Protocol (CYP), Yoga Mahotsav and the International Day of Yoga. 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. Conducting All India RPF Yoga contest across all the Railway zones. Incentives/Cash awards can be given out to the winners.

3. Officers and Staff of Railways and its affiliated organizations can actively participate in IDY by practicing Yoga at various railway stations across the country. Through this, the concept of Railway Stations as public spaces can also be promoted.

4. Sharing the CYP and Yoga-specific reference documents and promotional materials on its website and social media handles.

5. Organizing physical and virtual awareness generation and knowledge dissemination sessions on the Common Yoga Protocol (CYP), with special focus on the Yogasanas and the Yogic exercises recommended for the females.

6. Taking steps to include the Common Yoga Protocol (CYP) in the training curriculum for the Specialized training/courses conducted for the RPF Officers.

7. Organizing Yoga programmes, certifications and camps to promote CYP in all the railway schools across the country.

8. Promoting the IDY activities among people travelling in the trains.