PRADEEP KUMAR
MEMBER STAFF

D.O. No.E (MPP)2016/3/2

June 14, 2016

My dear GMs,

The second International Day of Yoga is being observed on June 21st 2016. You may connect an earlier communication from the Board also wherein Board had advised the Railways/PUs/PSUs to organize Yoga programmes on this day involving large number of staff and officials.

The Hon'ble Prime Minister in his communication dated 2.6.16, to the Hon'ble Minister of Railways (copy enclosed) has also highlighted that the International Day of Yoga is not simply an event. It is a way of making Yoga an integral part of our lives. It is a means of popularizing Yoga amongst the masses, across social strata, in different age groups, so that we can enhance our mental and physical well-being.

The Ministry of AYUSH has designed a common Yoga protocol also for this event which is available on the website/portal of the Ministry of AYUSH at www.ayush.gov.in .You may please download the same and make it available to all offices and units under your control. In order to make Yoga a mass movement, Yoga festivals, Seminars, Workshops, Musical and Cultural Programmes based on Yoga, involving Railway staff in various establishments like offices, Workshops, Sheds, students from schools and colleges, Railway families and the residents of the Railway Colony should also be organized.

Your personal involvement and directive shall go a long way to make Yoga a mass movement as envisaged by our Hon'ble Prime Minister.

You are requested to chalk out an action plan and advise the same to Board. Subsequent to the event, a report may also be sent.

Thanking you,

Yours sincerely,

14.6.16

(PRADEEP KUMAR)

Encl : As above

Shri
General Manager/DG
(All ZRs, Pus NAIR, RDSO)

सत्यमेव जयते

प्रधान मंत्री

Prime Minister

New Delhi
June 2, 2016

Dear Shri Suresh Prabhu ji,

The second International Day of Yoga will be observed on June 21 in a few days from now. The events that were organized by the Government of India to mark the first International Day of Yoga across the world, on the same date last year, were a grand success. The mass yoga demonstration at Rajpath, New Delhi was a historic event. The event was able to portray yoga as a symbol of the rich cultural heritage of India and a significant tool for preventive healthcare.

However, the International Day of Yoga is not simply an event. It is a way of making yoga an integral part of our lives. It is a means of popularising yoga among the masses, across social strata, in different age groups, so that we can enhance our mental and physical well-being. It is towards this end that I solicit your support.

It has been decided to take forward the momentum generated last year with greater and more active participation of all sections of the society, particularly the youth. This year, the national event of mass yoga demonstration will be held at Chandigarh on June 21. Similar events will also be held all across the nation and the world. All our efforts should be made to make it a people's programme by highlighting the benefits of yoga for better physical and mental health, and social harmony.

The Ministry of AYUSH has designed a common yoga protocol for this event. I am enclosing with this letter, a booklet and a DVD on this protocol. Copies of these, in Hindi, English and other regional languages, have been widely distributed and are also available on the website/portal of the Ministry at www.ayush.gov.in.

Along with the mass yoga demonstration at Chandigarh, we aim to organize similar mass demonstrations at the State, District, Block and Panchayat levels. Each State has been requested to plan its activities in tandem with the national effort.

Contd...2/-

The State Governments have also been requested to encourage the use of locally made yoga mats and apparel, preferably with locally available raw-material, to provide employment opportunities to local artisans and small entrepreneurs. Special efforts would be made to involve persons with disabilities in all the celebrations.

In addition, yoga festivals, seminars, workshops, musical and cultural programmes based on yoga, involving students from schools, colleges, universities, various youth organizations, such as, NYKS, NSS, RWAs, etc. are also being organized.

I request you to provide your support to make yoga a mass movement so that this great heritage of India can benefit all of us.

With warm regards,

Yours sincerely,

(Narendra Modi)

Shri Suresh Prabhu
Minister of Railways
New Delhi