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

No. E(MPP)2017/3/11 **New Delhi, Dated 04.5.2018**

The General Managers,
All Indian Railways &
Production Units.

Director Generals,
RDSO/Lucknow.
NAIR/Vadodara.

Directors, Centralized Training Institute,
CMDs of Railways PSUs

Sub:- Celebrating on 21st June 2018 as 'International Day of Yoga'

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

2. To enhance the awareness about Yoga benefits among Indian Railways employees and to mark it as a great event, this year also we may celebrate 21st June 2018 as **International Yoga Day'** all over Indian Railways. The directions contained in the letter of Secretary, Ministry of AYUSH dated 08.03.2016 and 06.04.2018 (copy enclosed) addressed to CRB may be followed.

3. Since 21.06.2016 is a working day (Thusday), Railways/PUs/PSUs may organize Yoga programs for duration of at least 45 minutes as per "Common Yoga Protocol" advised by Ministry of AYUSH. CDs and Booklets on different Yoga Asanas & Kriyas have already been provided to Zonal Railways/PUs in earlier years.

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

5. Kindly acknowledge receipt of this letter.

4/5/18

D.A: As above.

(Mahendra Kumar Gupta)
Director (MPP)
Railway Board.

O/C

Copy to:
Secretary, Railway Board. He is requested to make arrangements to celebrate 21.06.2016 as **International Yoga Day** in Railway Board.

Copy

रेल मंत्रालय
Ministry of Railways
रेलवे बोर्ड/Railway Board
अनुलग्नक सहित जारी
Issue with Enclosure
हस्ताक्षर/Signature.....

सत्यमेव जयते

वैद्य राजेश कोटेचा
Vaidya Rajesh Kotecha

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

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,

Contd...2/-

and thereby [illegible] to continue the practice of Yoga beyond Yoga Day. The CYP is a 45 minutes sequence of Yoga excercises 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

(Rajesh Kotecha)

Shri Ashwani Lohani,
Chairman
Railway Board,
Rail Bhawan,
New Delhi- 110001

सत्यमेव जयते

स्वच्छ भारत
एक कदम स्वच्छता की ओर

वैद्य राजेश कोटेचा
Vaidya Rajesh Kotecha

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

SECRETARY
GOVERNMENT OF INDIA
MINISTRY OF AYURVEDA, YOGA & NATUROPATHY
UNANI, SIDDHA AND HOMOEOPATHY (AYUSH)
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CRB 16/4

Chairman, Railway Board
FTS No. 4/3882/18
Date 19/4

Secy

D. O. No. S. 11012/07/2018-Y&N Cell
Dated: 06.04.2018

Dear Shri Ashwani Lohaniji,

I am happy to inform you that 4th International Day of Yoga (IDY), 2018 is scheduled on 21st June, 2018 after the UN General Assembly declaration to celebrate 21st June as **"International Day of Yoga"** every year. This is an occasion to propagate yoga on a large scale considering the health benefits attached with Yoga.

2. As you would agree, this objective can be achieved only through concerted efforts from all the stakeholders. Most Ministries/Departments of Government of India have played active roles in the observation of IDY in 2015, 2016 and 2017, and your Ministry/Department is requested to consider joining in the observation of IDY this year on 21st June, 2018, on a larger scale than the previous years.

3. The centre-piece of IDY 2018 would be the Mass Yoga Demonstrations wherein the participants pursue the drill of the Common Yoga Protocol (CYP) in harmony. The Mass Yoga Demonstrations are to be scheduled from 7 A.M. to 8 A.M. at all places. It is requested to consider organizing a Yoga demonstration on 21st June 2018 under the aegis of your Ministry/Department also. It is also requested that the Government Buildings under your Ministry/Department may be illuminated **on the eve of IDY, 2018 to commemorate the observance of IDY on 21st June, 2018 with conspicuous display of message of 4th International Day of Yoga, 2018.** Other events to be held as part of IDY 2018 could include Yoga Fests, Seminars, Workshops and Musical and Cultural Programmes based on Yoga. The Common Yoga Protocol is already available on the official website of Ministry of AYUSH in text and video formats.

4. The Government's aim is to make Yoga an integral part of the citizens' everyday life and thereby secure a healthy life for all. I seek your wholehearted support in making the International Day of Yoga, 2018 a highly participated event.

Should be made well.

With regards.

19/04

Yours sincerely,

(Rajesh Kotecha)

Shri Ashwani Lohani,
Chairman
Railway Board,
Rail Bhawan,
New Delhi- 110001

JD/MPP

23/4

EO/IAMPP

Am/Staff