



रक्षा लेखा महानियंत्रक,

उलान बटार रोड, पालम, दिल्ली छावनी-110010

Controller General of Defence Accounts,
Ulan Batar Road, Palam, Delhi Cantt.- 110010



Phone: 011-25665703 Fax: 011-25674806, 25674821

No. AN/III/3012/Misc/Yoga/2020 dated 29.01.2020

To,

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

Subject: Celebration of International Day of Yoga on 21st June 2020-regarding.

Please find enclosed a copy of DO No. M/1611/42/2019-YN dated 06th January 2020 from Secretary, Ministry of AYUSH, Government of India on the subject matter for information and necessary action.

It is requested to carry out advance preparation and planning for celebration of 6th International Day of Yoga on 21st June 2020 and furnish the details of the same to HQrs. office through e-mail at aniii.cgda@gov.in at the earliest.

(Amit Gupta)
Sr. Dy. CGDA (AN)

Copy to:

1. IT&S Wing, Local

With a request to upload on CGDA's website.

(Amit Gupta)
Sr. Dy. CGDA (AN)



सत्यमेव जयते

वैद्य राजेश कोटेचा
Vaidya Rajesh Kotecha



एक कदम स्वच्छता की ओर



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

D. O. No. M.16011/42/2019-YN

6th January, 2020

Dear Secretary,

This is regarding the 6th International Day of Yoga (IDY), stated to be observed on 21st June, 2020. As you are aware, at the initiative of Hon'ble Prime Minister Shri Narendra Modi, the United Nations General Assembly took a historic decision in 2014 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.

The preparations for IDY-2020 are already under way. The Ministry aims to bring more people into the fold of the activities of IDY-2020 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 important target groups that this Ministry hopes to rope in. Their role can be significant as they are generally opinion leaders in the society, and hence can serve as ambassadors of the Yoga movement.

I am writing to you to seek your support in this effort to make IDY a nation-wide campaign for public health. I would request you to carry out advance planning and preparations for the observation of IDY on 21st June, 2020. The central activity of IDY, as in the previous years, would be the Mass Yoga Demonstration based on Common Yoga Protocol (CYP). However, the objective of this exercise is not just a one-day observation - it aims to make all participants aware of the immense rewards that the pursuit of Yoga can bring to the individual and the family, and thereby inspire them to continue the practice of Yoga beyond the Yoga Day. The CYP is a 45-minutes sequence of Yoga exercise designed by Yoga exponents in the country with the objective of maximizing 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.

Contd....2/-

116/2A/2020
16/1/2020

Office of Addl. FA (Rk) & JS
Dy. No. 266
Date: 15/1/2020

Office of Addl. FA (Rk) & JS
Dy. No. 266
Date: 15/1/2020

myr

Addl FA (Rk) & JS

15/1 DFR (DMS) - can

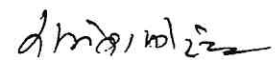
15/1
FO/AAA - G/S/1

All Ministries/Departments have various staff welfare programmes, and dovetailing of IDY-2020 into these can be considered. It is also requested that this activity may not be lost sight of in the annual budget exercise of the Ministry/ Department. 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 observation of the IDY-2020. A Nodal officer of your Ministry/ Department (not below Deputy Secretary) may kindly be nominated and details communicated (Shri P N Ranjit Kumar, Joint Secretary to the Government of India, Tel: 011-24651938; e-mail: jspnrk-ayush@gov.in) 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-2020. The Ministry of AYUSH also proposes to convene a meeting of the Nodal Officers from different Ministries/ Departments in February-2020, to enable coordination among all.

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 IDY, 2020 a highly participative event in your Ministry/ Department and also request you to draw up advance plans to organize Mass Yoga Demonstrations based on CYP on 21/6/2020.

With regards,

Yours sincerely



(Rajesh Kotecha)

To,

All Secretaries to Government of India