



'हर काम देश के नाम'

रक्षा लेखा महानियंत्रक

Controller General of Defence Accounts

उलन बटार रोड, पालम, दिल्ली छावनी-110010

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No. AN/III/3012/Misc/Yoga/2020 dated 16.06.2020

To

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

Sub: Celebration of International Day of Yoga on 21st June, 2020.

In continuation of HQrs. Circular of even number dated 29.01.2020, please find enclosed a copy of DO No.M.16011/42/2019-YN dated 3rd June, 2020 from the Secretary, M/o AYUSH, Govt. of India regarding observance of the International Day of Yoga(IDY), 2020 on 21.06.2020 for necessary action.

2. In the light of current pandemic situation in the country, it has been decided by the Govt. to encourage people to pursue Yoga from their homes. Accordingly, it is requested to enjoin upon all the employees to practice and propagate Yoga with their family members in the run up to this year International Day of Yoga(IDY) 2020. A note on how the people can join IDY-2020 from their respective homes is also enclosed.


(Rajeev Ranjan Kumar)
Dy. CGDA(AN)

Encl: As above

Copy to:

1. IT&S Local : For uploading on the CGDA website.
2. AN(Estt.-Pay) : For similar action as above.

(Rajeev Ranjan Kumar)
Dy. CGDA(AN)



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)
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D. O. M.16011/42/2019-YN

Date: 3rd June, 2020

Dear colleague,

I am writing this for seeking your kind support for promotion of activities related to the observance of the International Day of Yoga (IDY), 2020 scheduled to be held on 21.06.2020. It is pertinent to note that in light of current pandemic situation in the country, the observation of International Day of Yoga (IDY-2020) may need to be re-purposed, requiring social distancing and other guidelines of the Government. There is a need to encourage people to pursue Yoga from their homes in this situation to serve the twin objectives of:

- (i) Health promotion including building of immunity through yoga, and
- (ii) Providing relief from stress and improving the sense of well-being by the practice of yoga.

It may kindly be recalled that since the year 2015, after the United Nations General Assembly took the historic decision to declare 21st June as the International Day of Yoga, this day has been observed all over the world with a lot of enthusiasm. However, due to COVID-19 situation, no mass gathering would be advisable this year. With a slight modification from the earlier approach, Ministry of AYUSH would like to encourage people this year to practice yoga at their home along with their family members. As a step towards this, the Ministry of AYUSH is planning to maximize the use of social and digital media platforms like YouTube, Facebook, Twitter, Instagram etc. to facilitate online participation from the people. Considering that your Ministry/ Department also have dedicated media and publicity platforms, I would request that the various decisions, events etc. related to IDY are shared, tweeted and liked from those platforms as well. Please also find attached at **Annexure I** a note on how the common people can join IDY-2020 from their respective homes.

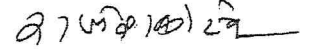
Further, the employees of your Ministry/Department, attached and subordinate offices, autonomous organisations, institutions and other stakeholders may kindly also be encouraged to practice and propagate yoga with their family members in the run up to the IDY in such a way that it becomes a part of their life. Yoga@home and Yoga with family may kindly be considered as an organizational goals for this season. Government servants are opinion leaders in their respective communities, and their embracing of yoga will certainly inspire others to emulate it.

Contd...2/-

For any assistance and seamless coordination, Shri P. N. Ranjit Kumar, Joint Secretary (011-24651938) or Shri Vikram Singh, Director (09868893051), Ministry of AYUSH may please be contacted.

With regards,

Yours sincerely,



(Rajesh Kotecha)

Encl. as above.

To,

All Secretaries to Government of India (As per list attached)

I want to be a part of IDY -2020. What should I do?

Congratulations for deciding to be a part of IDY- 2020.

Yoga is an invaluable ancient practice of India with multiple physical and mental health benefits. The Covid 19 crisis and the consequent restrictions on movement of people and slowing down of economic activity have led the entire world into difficult times. In this scenario, the rewards of Yoga are very relevant. Of particular importance are (i) its proven positive impact on general health and immunity enhancement, and (ii) its globally accepted role as a stress reliever.

While mass performance of Common Yoga Protocol (CYP) will remain at the heart of the observation of IDY this year also (as in previous years), this will be done in a non-congregative way, in the respective homes of participants. You and your family can join thousands of others by doing the 45- minute long CYP drill at 7.00 AM on 21st June 2020 at home. The CYP is a Yoga Protocol developed by accomplished Yoga experts, to facilitate harmony in the observation of IDY. Over the last few years, it has become one of the most popular Yoga programmes in the world. It is designed to be easily adoptable by the majority of the people irrespective of age and gender differences, with a training sessions. (Individuals facing health issues are advised to consult a physician before taking up Yoga practice).

To make the observation of IDY at home feasible, the Ministry of AYUSH and other stake-holders have been running multiple training programmes on Yoga and CYP. These programmes are being intensified, and daily online sessions on Common Yoga Protocol will be streamed on the Ministry's Social Media Platforms as well as partnering TV Channels. You may watch the Ministry's social media handles for details. Announcement on specific activities for 21st June 2020 will also be made on these channels. Various reputed Yoga institutions will also be imparting online training lessons in CYP in the coming days. Please use these resources and prepare yourself and your family in advance for IDY-2020.

If you are already trained in CYP, please start teaching the same to your family members.

June 21st is just a few days away. Prepare yourself, and be there to do Yoga with the world.

See you at 7.00 AM on 21st June 2020.