

कार्यालय रक्षा लेखा महानियंत्रक, उलान बतार रोड, दिल्ली छावनी-10
Office of the CGDA, Ulan Batar Road, Palam,
Delhi Cantt-110010

No. AN/III/3012/Misc/Yoga/Vol.XIV dated 04.04.2018

To,

To,
All PCsDA/ PCA (Fys.)/ CsDA
(through CGDA website).

Subject: Celebration of International Day of Yoga on 21st June 2018-regarding.

A copy of Ministry of Defence D(Welfare) ID No. 11011/03/2018-D(welfare) dated 23.03.2018 along-with copy of DO letter no. S-11012/07/2018-Y&N Cell dated 08.03.2018 from Secretary, Ministry of Ayurveda, Yoga & Naturopathy Unani, Siddha and Homeopathy (AYUSH) on the subject is forwarded herewith for necessary action.

It is also requested to furnish a detailed action plan along with suggestion for celebration of 4th International Yoga Day to be celebrated on 21st June 2018 of your organization through email at anIII.cgda@nic.in by 20th April 2018.


(Kavita Garg)
Sr. Dy. CGDA

Copy to:

1. IT&S Wing : With a request to upload on CGDA's website.
(Local)
2. AN-V Section (Local): For necessary action as stated above.


(Kavita Garg)
Sr. Dy. CGDA

MOST IMMEDIATE

MINISTRY OF DEFENCE
D(Welfare)

Subject: - Celebration of International Day of Yoga on 21st June, 2018-reg.

A copy of D.O. letter No S-11012/07/2018-Y&N Cell, dated 08th March, 2018 from Secretary, Ministry of Ayurveda, Yoga, & Naturopathy Unani, Siddha and Homeopathy (AYUSH) to Secretary, Ministry of Defence is enclosed for information and necessary action.

2. It is also requested that the officials of attached and subordinate offices under administrative control of all JSs may be informed and encouraged to participate in Yoga Training and also to prepare a detailed action plan for celebrating the International Day of Yoga, 2018 mentioned in the said D.O. letter.

3. It is also requested to intimate the detailed action plan alongwith suggestions for celebration of IDY to D(Welfare) section urgently.

Encl: As Above.



(Sanjai Bajpai)

Under Secretary(Welfare)

Tele:23012560

DG(R&M)

JS(P&C)

JS(Works)

JS(ESW)

JS(E)

JS(Navy/Med)

JS(PIC)

Js(trg) & CVO

✓ Addl. FA(RK)

DG, ICG

QMG Br/ ADG Adm & Coord, Sena Bhawan

Naval Hqrs/COP

Air Hqrs/PC-I

MoD I.D No. 11011/03/2018-D(welfare), dated 23-03-2018.

Copy to :-

Addl. DG (M&C) & Director, AFFPD
Chief Security Officer, MoD

} For information and
necessary action.

Office of Addl. FA (R&JS)
Dy. No. 16022
Date: 23/3

21/01/18
27/3

23/3 AFA (DWT)-con



सत्यमेव जयते

वैद्य राजेश कोटेचा

Vaidya Rajesh Kotecha



एक कदम स्वच्छता की ओर



सचिव

भारत सरकार

आयुर्वेद, योग व प्राकृतिक चिकित्सा

यूनानी, सिद्ध 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 AND HOMOEOPATHY (AYUSH)
AYUSH BHAWAN, B-BLOCK, GPO COMPLEX
INA, NEW DELHI-110023

Tel. : 011-24651950, Fax : 01124651937

E-mail : secy-ayush@nic.in

Office of J.S. (PG/Coord)

Dy. No. 265

Date: 21-3-18

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

Dated: 08th March, 2018

Dear Shri Sanjay ji,

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,

Dr. (Web)

[Signature]

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Let us fix a meeting
early
JS/PG/Coord
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Dir (Coord)

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and thereby inspire them 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

(Signature)

(Rajesh Kotecha)

Shri Sanjay Mitra,
Secretary,
Ministry of Defence,
101-A, South Block,
New Delhi-110001