

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 11.04.2019

To,

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

Subject: Celebration of International Day of Yoga on 21st June 2019-regarding.

Reference: This HQrs letter No. AN/III/3012/Misc/Yoga/Vol-XIV dated 19.02.2019.

Please refer to this HQrs. letter cited above vide which all field offices were requested to prepare detailed action plan for celebration of 5th IDY 2019 on 21st June 2019. Based on the feedback received from the PCDA/ CDA office, a detailed action plan has been prepared for celebration of 5th International Day of Yoga on 21st June 2019 as enumerated below:

- (i) Two weeks training session of one hour duration each day by trained Yoga teacher may be organized to impart training to the participants based on Common Yoga Protocol.
- (ii) Lectures/ discussions/ talks on the benefits of Yoga may be organized during the fortnight.
- (iii) Yoga charts and standees may be displayed inside the office premises as a Yoga awareness campaign.
- (iv) Mass yoga sessions may be organized by the offices on 5th International Day of Yoga on 21st June 2019.
- (v) Awareness campaigns on the benefits of Yoga may also be launched in residential colonies of DAD.
- (vi) Further, articles and related matter about Yoga would be published in the official newsletter, bulletin or magazines of your organization.

A compliance report mentioning the activities carried out and photographs taken during celebration of IDY 2019 alongwith numbers of participants participated may be forwarded to this HQrs office through e-mail only at anIII.cgda@nic.in for consolidation and onward submission to the Ministry.



(MUSTAQ AHMAD)
Sr. Dy. CGDA (AN)

Copy to:

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



(MUSTAQ AHMAD)
Sr. Dy. CGDA (AN)