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31/3/2016



GOVERNMENT OF INDIA (भारत सरकार)
MINISTRY OF RAILWAYS (रेल मंत्रालय)
RAILWAY BOARD (रेलवे बोर्ड)

No.E(MPP)2016/3/2

New Delhi,

dated: 31-03-2016.

The General Managers,
All Indian Railways &
Production Units.

Director Generals,
RDSO/Lucknow.
NAIR/Vadodara.

Directors/Centralized Training Institutes.
CMDs of Railway PSUs.

Sub: Celebration on 21st June 2016 as '**International Day of Yoga**'.

You are aware that United Nations has declared 21st June to be celebrated 'International Day of Yoga'.

In order to enhance the awareness about yoga benefits among Indian Railways employees and to mark it as a great event in the Indian history, it has been decided that this year also we may celebrate 21st June 2016 (Tuesday) as **International Yoga Day** all over Indian Railways.

In this connection, a copy of "**Common Yoga Protocol-2016**" of 45 minutes duration brought out by Ministry of Aayush, Government of India is sent herewith. Since 21.6.2016 is a working day, it is requested that Railways/PUs/PSUs may organize yoga programmes for the duration of at least 45 minutes duration as per Common Yoga Protocol, advised by Ministry of Aayush (copy enclosed). CDs and Booklets on different yoga asnas & kriyas have already been provided to Zonal Railways/PUs last year itself.

All officers/officials may be motivated to participate on this occasion in large numbers by explaining them the benefits & importance of yoga in our life.

Kindly acknowledge receipt of this letter.

DA:As above

31/3/16 O/C


(MANOJ PANDE)
Exec:Director (Trg. & MPP)
Railway Board.

Copy to: Secretary, Railway Board. He is requested to make arrangements to celebrate 21.6.2016 as **International Yoga Day** in Railway Board.

31/3/16
Railway Board
Enclosure
Date of issue

S/No/

INTERNATIONAL DAY OF YOGA
21ST JUNE, 2016
COMMON YOGA PROTOCOL (CYP) - 2016
Duration: Forty Five Minutes (45mts.)

- I. Prayer in any Meditative Posture with Namaskara Mudra and ending with Yoga Mudrasana. 2 minutes

PRAYER :

OM... OM... OM...

*Sanghachhadhwamsamyadudhwam
Samyomanaamsijaanataam*

*Devaabhuagamyathapoorve
Samjaanaanaaupausate*

OM Shantih Shantih Shantih

- II. Sadilaja / ChaalanKriyas Loosening Practices (Neck, Shoulders, Trunk & Knees movements) 6 minutes

- III. Yogaasana (Yoga Postures) 18 minutes

A. Standing Postures

- (i) Taadaasana
- (ii) Vrikshaasana
- (iii) Pada-hastaasana / Uttaanaasana
- (iv) ArdhaChakraasana
- (v) Trikonaasana

B. Sitting Postures

- (vi) Bhadraasana/ Baddhakonaasan
- (vii) Vajrasana/Veerasana
- (viii) Ushtraasana (Ardha for bigginners)
- (ix) Shashankaasan
- (x) UtthanaMandukasana
- (xi) Marichyaasana / Vakraasana

C. Prone Lying Postures

- (xii) Makaraasana
- (xiii) Bhujangaasana
- (xiv) Shalabhaasana

D. Supine Lying Postures

- (xv) Setubandhasana
- (xvi) Utthanapaadaasana
- (xvii) ArdhaHalasana
- (xviii) PawanaMuktaasana
- (xix) Shavaasana

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|------|-------------------------------------------------------------------------------------------------------|------------------|
| IV. | Kapaalabhaati (3 cycles of 40 strokes each)
Each cycle will be followed deep breathing | 3 minute |
| V. | Pranayama: | 6 minutes |
| | (i) NadiShodhana AnulomaViloma Pranayama (5 rounds) | |
| | (ii) Sheetali Pranayama (5 rounds) | |
| | (iii) Bhraamari Pranayama (BhramariRechaka) (5 rounds) | |
| VI. | Dhyana/Meditation in any Meditative Posture (eyes closed)
and hands in Jnana / Gyana Mudra | 8 minutes |
| VII. | End the Yoga Practice Session with a Sankalpa | 2 minutes |

Followed by Shaanti Paatha

I commit myself to always be in a balanced state of mind. It is in this state that my highest self-development reaches its greatest possibility. I commit to do my duty to self, family, at work, to society, and to the world, for the promotion of peace, health and harmony.

Hameapne man kohameshasantulitrakhanahai,

Isi main hi hamaraaatmavikassamaayahai.

Main apnekartavyakhudkeprati, kutumbkiprati, kaam, samajaurvishwakeprati, shanti,

anandaurswasthyakepracharkeliyebuddhhun

Shanti Patha

OM

SarveBhavantuSukhinah

SarveSantuNiramayah

SarveBhadraniPashyantu

MaaKaschitDukhaBhagbhavet

OM ShantihShantihShantih

Note:

1. Classical textual references, technology to perform, benefits, salient points.
Caution/precautions etc. will be provided for each practice.

2. INSTITUTIONAL YOGA PRACTICES (IYP)

(15 Minutes)

(preferably Pranayama , Dhyana , Yoga Nidra and Satsang etc.)

shall be introduced after the practice of Pranayama or Dhyana/Meditation Session
but before the Sankalpa

(Dr. I.V. BASAVARADDI)
Member Secretary,
IDY-2016, Yoga Experts Committee
MINISTRY OF AYUSH,
GOVT. OF INDIA