



GOVERNMENT OF INDIA  
MINISTRY OF RAILWAYS  
RAILWAY BOARD

No.E(MPP)/2017/3/11

New Delhi,

dated: 10.04.2017

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 21<sup>st</sup> June 2017 as '**International Day of Yoga**'.

You are aware that United Nations has declared 21<sup>st</sup> 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, this year also, 21<sup>st</sup> June 2017 should be celebrated as **International Yoga Day** all over Indian Railways.

Since 21.06.2017 is a working day, it is requested that Railways/PUs/PSUs may organize yoga programmes for the duration of at least 45 minutes as per Common Yoga Protocol, advised by Ministry of Aayush. CDs and Booklets on different yoga asnas & kriyas have already been provided to Zonal Railways/Pus in previous 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- One as above

(MANOJ PANDE)  
Adv/(Trg. & MPP)  
Railway Board

Copy to:

Secretary, Railway Board. He is requested to make arrangements to celebrate 21.06.2017 as **International Yoga Day** in Railway Board.

रेल मंत्रालय  
Ministry of Railways  
रेलवे बोर्ड  
Railway Board  
अनुसूचित तारीख  
Issue with enclosure  
हस्ताक्षर  
Signature  
जारी की तिथि  
Date of Issue

o/c





सत्यमेव जयते



अजीत मोहन शरण  
AJIT M. SHARAN



Chairman, Railway Board  
FTS No. P21327E  
Date 3/3

15  
मन्त्रि  
भारत सरकार  
आयुर्वेद, योग व प्राकृतिक चिकित्सा  
यूनानी, सिद्ध एवं होम्योपैथी (आयुष) मंत्रालय  
आयुष भवन, 'बी' ब्लॉक, जी.पी.ओ. कॉम्पलेक्स,  
आई.एन.ए., नई दिल्ली-110023

SECRETARY  
GOVERNMENT OF INDIA  
MINISTRY OF AYURVEDA, YOGA & NATUROPATHY  
UNANI, SIDHA AND HOMOEOPATHY (AYUSH)  
AYUSH BHAWAN, B-BLOCK, GPO COMPLEX,  
INA, NEW DELHI - 110023  
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DO No. S-11012/01/2017-JEC  
Dated: 22.02.2017

Dear Secretary,

As you are aware, the preparations for the celebration of 3<sup>rd</sup> International Day of Yoga on 21<sup>st</sup> June, 2017 are underway. The Government of India has decided to take forward the momentum created by International Day of Yoga, 2015 & 2016 with greater and more active participation of youth during the current year celebrations. The main programme would be the Mass Yoga Demonstrations from 7 AM to 8 AM by following the Common Yoga Protocol (CYP) at the State, District, Block and Panchayat levels. Other events could include Yoga Fests, seminars, workshops, musical and cultural programme based on Yoga.

2. The celebration of International Day of Yoga would involve a very elaborate training programme on Common Yoga Protocol for Mass Yoga performance as well as discourses, lectures and talks by eminent Yoga experts. Support of various reputed and eminent Yoga institutions may be taken for providing training to the trainers and other expert advice in celebration of International Day of Yoga, 2017.

3. 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, 2017. A Nodal Officer of your Ministry/Department may kindly be nominated and details communicated to Shri Ramanand Meena, Deputy Secretary, Ministry of AYUSH (Tel: 24651965; E-mail: ramanand.meena@nic.in) for seamless coordination. I would also request you to forward your Plan of Action along with suggestions if any to the Ministry by 31<sup>st</sup> March, 2017.

Yours sincerely,

Asharan

(Ajit M. Sharan)

All Secretaries to the Government of India/Chairman, Railway Board

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