

**MOST IMMEDIATE**

**MINISTRY OF DEFENCE**  
**D(Welfare)**

**Sub: Celebration of International Day of Yoga (IDY), 2018 on 21.06.2018.**

Reference is invited towards captioned subject. In order to promote the adoption of Common Yoga Protocol (CYP), the Ministry of AYUSH has shared Yoga Prayer and Common Yoga Protocol videos on Social Media Platforms of Ministry of AYUSH. The URL for the Social Media Platforms is as follows: Facebook: <http://www.facebook.com/moayush/>, Twitter: <http://Twitter.com/moayush>, Instagram: <http://www.instagram.com/ministryofayush/> and Yoga portal: <http://yoga.ayush.gov.in/>. A copy of Ministry of AYUSH D.O. No. Z-28021/111/2018-IT CELL, dated 18<sup>th</sup> May, 2018 is enclosed for ready reference.

2. It is requested that contents of aforementioned D.O letter may be circulated to all attached and subordinate offices under your administrative control for sharing Prayer and Common Yoga Protocol video clips on their web portals and social media accounts, so that it can reach out to masses and in turn to help disseminate this invaluable information to benefit the various strata of population for their well-being.

3. This may please be accorded **TOP PRIORITY**.

Encl: As above.



**(Sanjai Bajpai)**  
**Under Secretary (Welfare)**  
**Tele: 23012560**

*12/11R*

- DG(R&M) -- in respect of DRDO
- JS (P&C) -- in respect of DDP
- JS(ESW) -- in respect of DESW
- JS(Works)

- JS(E)
- JS & CAO
- JS(Navy)
- 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 ID No.H-11011/03/2018/D(Welfare), dated 25.05.2018**

*My copy 25/5 for achi*  
*Dy. Secy to Secy*

*By No. 1688*  
*Date 25.5.18*

Copy to:

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

For necessary action please.

Copy also to:

PPS to AS (BM)  
PPS to JS(PG/Coord)  
DS(Welfare)

*for kind information*

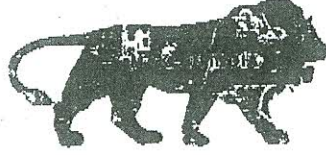
Co-Ord	
9633	
28/05/18	

*JS (PG & Coord) and CAO*  
*By No. 1532*  
*Date 25.05.18*



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 &amp; NATUROPATHY

UNANI, SIDDHA, SOWA-RIGPA AND HOMOEOPATHY (AYUSH)

AYUSH BHAWAN, B-BLOCK, GPO COMPLEX

INA, NEW DELHI-110023

Tel. : 011-24651950, Fax : 011-24651937

E-mail : secy-ayush@nic.in

D.O. No. Z-28021/111/2018-IT Cell

Dated: 18<sup>th</sup> May, 2018

Dear Shri Sanjay Mitraji,

As you are aware, 21<sup>st</sup> June has been declared as International Day of Yoga (IDY). The fourth IDY will be celebrated on 21<sup>st</sup> June, 2018 world over. It is heartening to note that various Ministries, Departments, States and UTs have already initiated preparatory steps to observe IDY in befitting manner.

2. Common Yoga Protocol (CYP) is the centre-piece of all activities related to IDY. The Asanas and practices forming part of the CYP are selected in such a way as to yield the maximum health and well-being rewards to a diverse group of people from different profiles of health, age etc. Yogic practice shall start with a prayer or prayerful mood to enhance the benefits of practice.

3. To promote the adoption of CYP, the Ministry of AYUSH will be sharing Yoga Prayer and Common Yoga Protocol videos on Social Media Platforms of Ministry of AYUSH from 21<sup>st</sup> May, 2018 onwards. The URL for the Social Media Platforms is as follows: Facebook: <http://www.facebook.com/moayush/>, Twitter : <http://twitter.com/moayush>, Instagram: <http://www.instagram.com/ministryofayush/> and Yoga portal: <http://yoga.ayush.gov.in/>.

4. All Ministries/ Departments/ States/ UTs are requested to share Prayer and Common Yoga Protocol video clips on their web portals and social media accounts, so that it can reach out to masses and in turn to help disseminate this invaluable information to benefit the various strata of population for their well-being.

AS(BM)

With regards,

Yours sincerely,

(Rajesh Kotecha)

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

Given that is  
all concerned  
for compliance  
IS 16-2/2018  
24/5/18  
23/5/18

US(welf.)

वैद्य राजेश कोटेचा  
डायरी नं. 8225  
दिनांक 21/5/18