

रक्षा मंत्रालय
MINISTRY OF DEFENCE
सं स एवं मुख्य प्रशासन अधिकारी कार्यालय
(Office of the JS & CAO)

Celebration of International Day of Yoga on 21st June, 2021-reg.

1. Further to our Note of even No dt 16 June 2021.
2. One of the important components for celebration of Yoga Day is taking Yoga Pledge. The Yoga Pledge is available online at <https://pledge.mygov.in/integrate-yoga-lifestyle>.
3. To take Yoga Pledge online following steps needs to be taken as under (copy of the same is also enclosed herewith):-

Visit the site <https://pledge.mygov.in/integrate-yoga-lifestyle/>



Click on take pledge icon



Enter the basic details on the prescribed form



Proceed for language selection



Read pledge and click on I Pledge icon



An OTP will be sent on mobile/email to download the certificate

4. All officers/ officials of CAO's office are requested to take Yoga Pledge online following the steps mentioned at Para 3 above and download the certificate in this regard.
5. The above information may please be disseminated further to the officials under your administrative control.

Manish
(C. MARI MUTHU)
FOR (Tarun Kumar Singh) SMO/DD
Dy Dir, CAO(Coord)

Encls: As Stated Above

All Dy CAOs in CAO's office/Dir DHTI
All Dy Dir in CAO's office

Copy to:-

Sr PPS to JS & CAO

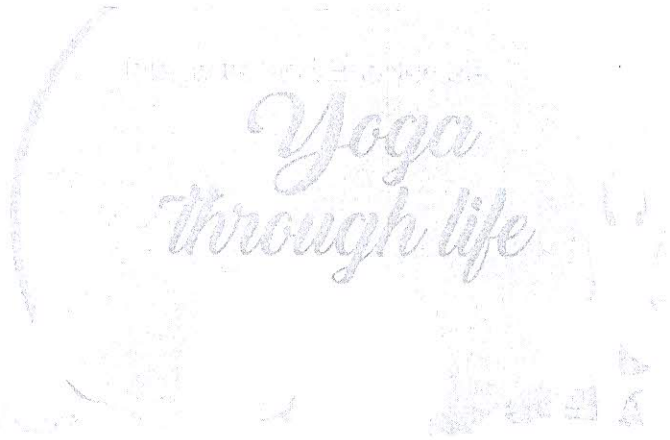
PS to Dir (HR)

PS to Dir (E&A)

PA to Dir (Spl Proj & Works)

PA to Dir (DCW & Trg)

✓ CAO/EDP - For uploading on CAO's website



यदि शपथ पहले ही ले ली है तो वचनबद्धता का प्रमाण-पत्र प्राप्त करें
If already taken Pledge, Get the Certificate of Commitment

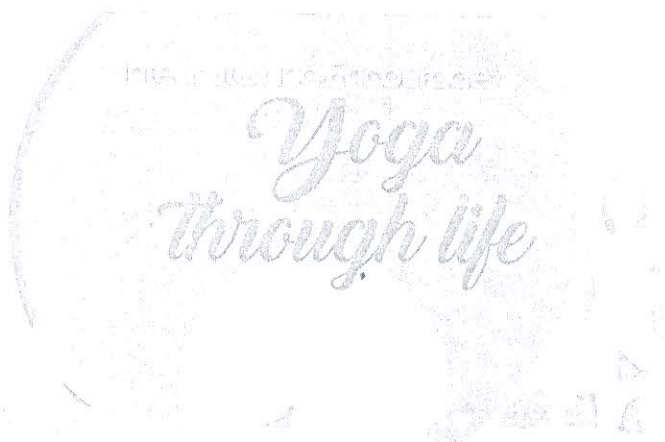


प्रमाणपत्र अपने ई-मेल | मोबाइल पर भेजें
Send certificate to your Email | Mobile



प्रमाणपत्र डाउनलोड करें
Download Certificate

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Enter your name (at least 6 characters)
and your registered email id

Enter Your Name

Enter Your Date Of Birth (dd-mm-yyyy)

Enter Your Pin Code

Enter Your Email Id, if any

Enter Your Mobile Number



यदि आप भाषा के चयन के लिए आगे बढ़ेंगे तो आपका पता

A copy of Certificate issued will be sent to Email



Details given above can be used to create a MyGov account on my behalf

भाषा के चयन के लिए आगे बढ़ें Proceed for Language selection



1,00,958

नागरिक

Citizen

View Analytics

I pledge to integrate Yoga in my life by practicing it regularly along with my family and encourage friends too to take up Yoga for a healthier lifestyle.

मैं अपने परिवार के साथ नियमित रूप से योग का अभ्यास कर अपने जीवन में योग को शामिल करने का संकल्प लेता/ लेती हूँ और दोस्तों को भी स्वस्थ जीवन शैली के लिए योग को अपनाने के लिए प्रोत्साहित करूंगा/करूंगी।