



सत्यमेव जयते

वैद्य राजेश कोटेचा
Vaidya Rajesh Kotecha



DS (Ayush) 4/16/18
4/16/18
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सचिव
भारत सरकार
आयुर्वेद, योग व प्राकृतिक चिकित्सा
यूनानी, सिद्ध 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 & NATUROPATHY
UNANI, SIDDHA AND HOMOEOPATHY (AYUSH)
AYUSH BHAWAN, B-BLOCK, GPO COMPLEX
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D.O. No. Z-28021/111/2018-IT Cell

Dated: 18th May, 2018

Dear Shri Injeti Srinivasji,

As you are aware, 21st June has been declared as International Day of Yoga (IDY). The fourth IDY will be celebrated on 21st 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 21st 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.

With regards,

Yours sincerely,

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(Rajesh Kotecha)

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4/16/18
Shri Injeti Srinivas,
Secretary,
Ministry of Corporate Affairs,
Shastri Bhawan,
New Delhi - 110001