

## INTERNATIONAL DAY OF YOGA (IYD)

### **1. OFFICE OF THE REGIONAL DIRECTOR, EASTERN REGION**

Steps have been taken for celebrating International Yoga Day. AYUSH, Kolkata has been **contacted** for sending eminent Yoga expert on 21<sup>st</sup> June, 2017 to impart yoga and lectures. Efforts **are** also being taken to involve recognized voluntary NGOs in teaching Yoga steps among staff members. If agreed, such NGOs may be invited to teach Yoga once in a week (half hour session) in the office premises.

Regional Councils of Professional institutes viz. ICAI, ICSI, ICWA (now ICAI) available at Kolkata are being sensitized to propagate value yoga in their sphere of operation and to organize different activities such as essay competition, drawing competition in which the officers and staff of RD Office and other offices of MCA situated at Kolkata will be directed to attend such functions to motivate the young youths the value of yoga.

Since Kolkata is the central place of the Eastern Region of MCA, all the professional such as ICAI, ICSI, ICWA (now ICAI) will be requested to sensitize and propagate the usefulness of Yoga and they will be requested to adopt yoga to their factory workers so that the workers and their family members remain healthy, mentally strong and disease free life..

Steps **are** being taken to co-ordinate with different chambers of **Industries/commerce** to sensitize the stakeholders associate with them to impart the importance of Yoga.

### **2. OFFICE OF THE REGISTRAR OF COMPANIES, WEST BENGAL**

Steps have been taken to invite Yoga expert and yoga programme will be organized in the office.

### **3. OFFICE OF THE ROC-CUM-OL, ODISHA**

Employees of the office alongwith their family members, relatives and friends and neighbours will be invited to participate in the programme.

### **4. OFFICE OF THE ROC-CUM-OL, PATNA**

Steps have been taken to invite Yoga expert and yoga programme will be organized in the office at 11 A.M.

5. **OFFICE OF THE ROC-CUM-OL, RANCHI**

AOL (Arabinda Saha) will deliver speech on "Introduction and importance of Yoga in our life."

He will **perform/teach** different type of Yoga **Aasan**.

6. **OFFICE OF THE OFFICIAL LIQUIDATOR. HIGH COURT, CALCUTTA**

Steps have been taken to invite Yoga expert and yoga programme will be organized in the **office** on 21<sup>st</sup> June, 2017 where beside **officers/officials** of the **office**, empanel advocates of the Hon'ble High Court, Kolkata will also be invited.



**(R. D. Gupta)**

**Dy. Director-cum-Coordinator**