

No.A.60015/1074/2015-Admn
Government of India
Ministry of Civil Aviation

'B' Block, Safdarjung Airport,
Rajiv Gandhi Bhawan,
New Delhi-110003
Dated 16th June, 2020

To,

1. DGCA (Shri Pavan Malviya, Dy. Director-Admn.) Opposite Safdarjung Airport, New Delhi	2. BCAS (Ms. Rakhee Sadhu, Dy. Director-Admn.) "A" Wing, 1 st - 3 rd Floors, Janpath Bhawan, Janpath, New Delhi
3. CRS, [Attn: Shri Rajiv Kumar, Dy. CRS(G)] NE Railway Compound, Lucknow.	4. The Managing Director, Pawan Hans Limited, Tower C-14, Sector-1, Noida Uttar Pradesh
5. The CMD, Air India Limited 113, Airlines House, Gurudwara Rakabganj Road, Parliament Street, New Delhi	6. The Chairman, Airports Authority of India, Rajiv Gandhi Bhawan, New Delhi
7. The Director, Indira Gandhi Rashtriya Uran Akademi Fursatganj Airfield Amethi 229302 U.P. INDIA	8. The Chairman, AERA Safdarjung Airport, New Delhi
9. Air craft Accident Investigation Bureau, (Kind Attn: Joint Director General) Safdarjung Airport, New Delhi	10. Rajiv Gandhi National Aviation University, (Kind Attn: Ms. Garima Singh, Registrar) Amethi, Utter Pradesh

Subject: - Celebration of 6th International Day of Yoga on 21st June, 2020.

I am directed to say that 6th International Yoga Day, 2020 is to be observed on 21st June, 2020 and it has been decided that this year, IDY will be observed in non-congregative manner around the themes Yoga @Home and Yoga with Family. Accordingly, the list of activities to be carried out during the 6th International Yoga Day, 2020 as suggested by Ministry of AYUSH is enclosed herewith for ready reference.

2. You are requested to prepare a detailed Action Plan to observe the 6th International Day of Yoga on 21st June, 2020 as suggested by Ministry of AYUSH and action taken therein may please be apprised to this Ministry.

Yours faithfully,


(R.N. Upadhyay)

Under Secretary to the Government of India
Ph:24640217

Encl. As above

New Delhi, Dated 16th June, 2020

Circular

Subject :- Celebration of 6th International Day of Yoga (IDY) on 21st June, 2020.

As we are aware, International Day of Yoga has become the country's biggest organized public movement for health over the last five years. The International Day of Yoga 2020 is being observed on 21st of June 2020. As always, this year too, the mass performance of the Common Yoga Protocol will remain at the heart of the International Day of Yoga, but IDY 2020 will be observed in a non-congregative manner. Therefore, this year's International Yoga Day will be observed around the themes Yoga @Home and Yoga with family.

2. Accordingly, you are requested to join this day from your respective homes alongwith your family and thousands of others by doing the 45 - minutes Common Yoga Protocol drill at 07:00 a.m. on the 21st of June 2020.

3. To make the observation of IDY at home possible, the Ministry of AYUSH and other stakeholders have been running multiple training programmes on Yoga and CYP. Ministry of AYUSH has also suggested following activities to observe the IDY 2020 on 21st June, 2020 and accordingly you are requested to follow the same :

- Common Yoga protocol Training videos are available on yoga portal, ministry of Ayush website and other social media handles and platforms. This will also be played on TV channels in the coming days in the run up to IDY.
- You can also refer to youtube video links on Common yoga protocol available in various languages.
- You may upload your image and video on social wall of Yoga portal, Ministry of AYUSH.
- One can also live stream such videos and upload on youtube and share on social media handles of Ministry of AYUSH.
- One can participate in the video blogging contest (My Life-My Yoga) held by CCRYN, Ministry of AYUSH, and ICCR. One can find the guidelines and competition details in the Ministry website and yoga portal (Under Competition Section).


(R.N. Upadhyay)

Under Secretary (Admn)

Copy to:

1. All Officers/Officials of Ministry of Civil Aviation., R.G. Bhavan, New Delhi
2. PS to HMoSCA(I/C)
3. Sr.PPS to Secretary, MoCA
4. PS to JS (Admn), MoCA.