



EAST COAST RAILWAY

प्रमुख मुख्य कार्मिक अधिकारी का कार्यालय/
Office of the Principal Chief Personnel Officer
द्वितीय तल, - 751 017
Rail Sadan, IInd Floor, Bhubaneswar-751 017

स्थापना क्रमांक/ Estt.Srl. No.136/2019
पूतरे/कार्मिक/आर/ECOR/Pers/R/Welfare.

Date: 20.06.2019

सेवा मे,
सभी प्रमुख विभागाध्यक्षों/समन्वयक विभागाध्यक्षों, पू त रे/भुवनेश्वर
मं.रे.प्र/व.मं.का.अधिकारी/मं.का.अधिकारी-खोरधारोड,वालातेरू, संबलपुर,
मु;कारखाना प्रबंधक/कारखाना कार्मिक अधिकारी- मंचेश्वर, अतिरिक्त रजिस्ट्रार/रेल दावा अधिकरण,
व.का अधिकारी(नि)/भुवनेश्वर
महा सचिव/इकोर थ्र. कां., महा सचिव/इकोर थ्र. यू.,
महा सचिव/एआई ओ बी सी आर ई ए, महा सचिव/ ए आई एस सी एस टी आर ई ए

Sub: Celebrating 21st June 2019 as 'International Day of Yoga'

A copy of Railway Board's Lr. No-E(MPP)/2017/3/11 Dated 31.05.2019 on the above quoted subject is forwarded herewith for information, guidance and necessary action.

Encl: As above,

(G.Sathy)

**Dy. Chief Personnel Officer(IR&W)
For Principal Chief Personnel Officer**

Copy to :

- 1) महाप्रबंधक के सचिव/पूर्व तट रेलवे, भुवनेश्वर
- 2) मुकाधि/मुकाधि(प्रशा.), उप म.प्र. अध्यक्ष(रेलवे भर्ती प्रकोष्ठ)
- 3) उप मुख्य प्रबंधक(सू.प्रौ), उप मुकाधि(औ.सं.एवं कल्याण), वकाधि(इंजी.)
- 4) वकाधि(मुख्या.), वकाधि(स्टाफ), वकाधि(राज. एवं न्याया.)
- 5) मुकाधि के निजी सचिव/सहा.कार्मिक अधि.(मुख्या.), महा.कार्मिक अधि.(कल्याण)

347
41

13/6/19
5-70

868
10/6/19

Sri Rama
13/6/19
10-111
D 40-72
CPO (K)
RCCU
10/6



Government of India (Bharat Sarkar)
Ministry of Railways (Rail Mantralaya)
(Railway Board)

No. E(MPP)2017/3/11

New Delhi, Dated 31.5.2019

The General Managers,
All Indian Railways &
Production Units.

Director Generals,
RDSO/Lucknow.
NAIR/Vadodara.

Directors, Centralized Training Institute,
CMDs of Railways PSUs

ECOR

Sub:-Celebrating 21st June 2019 as 'International Day of Yoga'

**Ref:- Secretary/ Ministry of Ayurveda, Yoga & Naturopathy,
Unani, Siddha and Homeopathy (AYUSH)'s D.O letter
No.M-16030/15/ 2019-Y&N dated 03.05.2019.**

In continuation to this office letters of even number dated 05.04.2019 and 10.05.2019 regarding subject mentioned above Ministry of Ayush has stated that an initiative should be taken at all levels to encourage manufacture, supply and usage of eco-friendly Yoga products during celebration of 'International Day of Yoga'. Copy of letter under reference is attached herewith in this regard.

DA: As above.

Monica
31/5/19
(Monica Singh)
Director (MPP)
Railway Board.

Copy to:
Secretary, Railway Board for information please.



सत्यमेव जयते



एक कदम स्वच्छता की ओर



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 & 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

वैद्य राजेश कोटेचा
Vaidya Rajesh Kotecha

CRB (13/11/19)
17/11/19

Secy snw
20/5/19

Chairman, Railway Board
FTS No. 553553
Date 20/5/19

D.O. No. M-16030/15/2019-Y&N

Dated: 03rd May 2019

Dear Secretary,

Dr. Personnel copy: 55

I am happy to inform that preparatory steps for the International Day of Yoga (IDY) 2019 are gaining momentum. I am sure that your Ministry/Department will also have set in motion the appropriate activities for IDY.

2. One of the themes being promoted in this year's IDY is the usage of eco-friendly products in the practice of Yoga.

3. Instances have come to the notice of this Ministry that the market is pervaded with manufacture and supply of PVC mats and other plastic based accessories related to the activities of the Yoga. This may be due to cheaper cost of the material, but usage of such products is not desirable from the health perspective of the individual using it and also from the angle of global environment. Hence, it is imperative to take initiatives at all levels to encourage manufacture, supply and usage of eco-friendly Yoga products. Since PVC and synthetic based accessories are hazardous and non-perishable, the public needs to be sensitized and motivated to use eco-friendly products.

4. In this regard, I am enclosing herewith a concept note for your kind perusal, with a request to take appropriate measures to promote this campaign for eco-friendly Yoga accessories, which will help in safeguarding the health of public in general as well as the environment.

With regards,

Yours sincerely,

(Rajesh Kotecha)

Encl. as above

To,

All Secretaries to Government of India.

CONCEPT NOTE

This is a proposal for taking steps for raising public awareness about the need to opt for eco-friendly Yoga accessories.

2. With the rapidly growing popularity of Yoga, there is also an increase in demand for yoga products such as yoga mats, yoga blocks and other accessories. As per available information, most of such products currently available in the market are PVC-based, and are not very easy to recycle. Consequently, at the end of their life-cycle, they end up in landfills and also, polluting the ocean. This causes major environmental issues. These PVC-based products are also reported to add to air pollution, as these materials are flammable products and produce toxic fumes.
3. PVC is popular for yoga mats because it's cheap and effective. To make the vinyl pliable for practice, it is treated with phthalates, lead and cadmium. Phthalates are used not just in yoga mats, but also in many other yoga products, including blocks, rollers, wedges, etc. Some reports indicate large-scale presence of cheap varieties of such products in Indian markets often imported from other countries and hence of unverifiable quality.
4. The other concern is that exposure of Indian public to such yoga mat compounds and to all the other products with contaminants pose a risk to health.
5. Yogic lifestyle is all about living consciously and sustainably. Ideally, all practitioners of yoga would be keen to adopt sustainable and eco-friendly lifestyles also. With the growing popularity of yoga and the growing number of yogis worldwide, the world would become more eco-conscious and an increasing number of people would contribute towards a greener and cleaner environment.
6. Reports indicate that many of the yoga practitioners are not aware of the harmful effects of the commonly available yoga mats and props. Thus, there is a pressing need to create more awareness about the harmful effects of

21
16

PVC and synthetics used for yoga related products. Lack of awareness about this challenge is adding to the growing menace of PVC pollution in the world of yoga. Yoga practitioners will happily make the switch to a PVC-free mat/product if they are made aware of its harmful effects. Government bodies, yoga institutions and yoga teachers are all potential influencers who can help to create more awareness about the same.

7. It is requested that stakeholders and others who are concerned with promoting yoga may also be informed about the need to use yoga products made from juts, cock, rubber and other eco-friendly methods to ensure sustainability.