



EAST COAST RAILWAY

Headquarters Office
Personnel Department
Bhubaneswar-751017

No. ECoR/Pers/Wel/IDY-2021

Date: 08.06.2021

The Sr. System Manager (IT),
East Coast Railway,
Bhubaneswar.

Sub: Observance of 7th International Day of Yoga on 21st June 2021.
Ref: Railway Board's Letter No. E(MPP)2021/3/13 dated 01.06.2021.

21st June is observed as **International Day of Yoga** every year. Due to ongoing pandemic and various restrictions on mass gathering and contagious nature of COVID – 19, Ministry of Ayush, Govt. of India has suggested some activities to be undertaken on this occasion as per the Annexure to the letter under reference (Enclosed).

In view of the above, IDY logo and link for Common Yoga Protocol (CYP) both in Hindi (<https://www.youtube.com/watch?v=h1OxpsDKpHM>) and English version (<https://www.youtube.com/watch?v=K-GJh9GeOxE>) may be uploaded/Shared on ECoR Website and Personnel Department page for public viewing.


(Prakhar Gupta)

Dy. Chief Personnel Officer (HQ)
for Principal Chief Personnel Officer