



EAST COAST RAILWAY

Headquarters Office
Personnel Department
Bhubaneswar-751017

No. ECoR/Pers/Wel/IDY-2021

Date: 08.06.2021

The Divisional Railway Managers,
Khurda Road, Waltair & SBP &
CWM/CRW/ MCS.

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.

In view of the above, the following activities has been shortlisted by the competent authority to be undertaken on this occasion:

1. A banner of International Day of Yoga may be made and displayed at a prominent place in DRM/CWM's office.
2. Officers and Staff may be encouraged to participate in IDY-2021 and practice Yoga with their family at 7.00 hrs of 21st June 2021 from their homes using the national television (which will be telecasting CYP at 7.00 am).
3. Registrations may be done at Hqrs and Divisions for the participants. The participants and others may take part in yoga on 21.06.2021 through Webex link or participants may be advised to follow National Television at 7.00 am by collectively doing yoga from their homes.
4. A webinar may be conducted on 21.06.2021 by involving/inviting a Yoga expert to highlight and explain the benefits of Yoga in maintaining healthy lifestyle.


(Prakhar Gupta)

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

Copy to:

- 1) Sr. DPOs/KUR, WAT, SBP & WPO/CRW/MCS – for information and necessary action.
- 2) GS/ECoRSC, ECoRSU & AIOBCREA/ECoR, ZS/AISCSTREA/ECoR.


For Principal Chief Personnel Officer