

D-28016/2/2016-Admn.II-B
Government of India
Ministry of Science & Technology
Department of Science & Technology

Technology Bhawan,
New Mehrauli Road, New Delhi
Dated the 20th June, 2018

CIRCULAR

This is to inform that Department is celebrating the 4th International Day of Yoga (IDY) on 21st June, 2018, in the Technology Bhawan. Secretary, DST has approved for holding the following events/activities on the IDY :

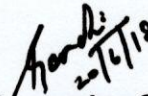
Sl. No.	Session on	Session to be conducted by	From – to	Venue
1.	Yoga Session	Ms. Shvetika Kaul, Morarji Desai National Institute of Yoga	7.30 am to 8.30 am	In the lawns behind S&T Block 1
2.	The Art of Living Happiness Program	Sh. Shubham Singh	8.40 am to 9.10 am	In the lawns behind S&T Block 1
3.	Brahma Kumaris	Sister B.K. Lata	11.00 am to 11.50 am	Raman Auditorium, DST
4.	Impact/benefits of Yoga in day-to-day life of common man	Dr. (Professor) Puneet Misra, AIIMS	12.00 noon to 12.45 pm	Raman Auditorium, DST
5.	Sahaj Yoga	Shri Rajesh Kalra	2.30 pm to 3.10 pm	Raman Auditorium, DST
6.	Stress Management	Shri Jayadevan, Universal Yoga Consciousness, Kerala	3.20 pm to 3.50 pm	Raman Auditorium, DST

2. To promote the adoption of Common Yoga Protocol, the Ministry of AYUSH will be sharing Yoga Prayer and Common Yoga Protocol videos on Social Media Platforms of Ministry of AYUSH from 21st May, 2018 onwards. The URL for the Social Media Platforms is as follows: Facebook: <http://www.facebook.com/moayush/>, Twitter: <http://twitter.com/moayush>, Instagram: <http://www.instagram.com/ministryofayush/> and Yoga portal: <http://yoga.ayush.gov.in/>.

3. The Department shall be providing promotional material, obtained from Ministry of AYUSH to all the participants of Yoga Session.

4. Light refreshment shall be served by DST Departmental Canteen after the end of Yoga Session.

All are requested to participate in the above sessions with full zeal.


(Himanshu Gandhi)

Under Secretary to the Govt. of India

To,

All Officers and officials, Outsourced/contractual employees of DST, DSIR, PAO, NIC Staff and CISF Unit (Issue by uploading on e-office, by email and by display on notice boards).