

**National Institute of Science Communication and Policy Research  
Dr. K.S. Krishnan Marg, New Delhi-110012**

No. 8(37)/G/Committee/2022

Dated : 26.05.2022

**OFFICE MEMORANDUM**

As everyone is aware, at the initiative of Hon'ble Prime Minister Sh. Narendra Modi, the United Nation General Assembly took a historic decision in 2014 to declare 21<sup>st</sup> June as the International Day of Yoga (IDY). This world wide accept of Yoga is a matter of pride for our country, as Yoga is an integral part of our cultural and spiritual heritage. Every year, the IDY observation begins with a Mass Yoga Demonstration in the morning, which is led by Hon'ble Prime Minister himself, followed by other Yoga related activities.

In tune with the above directives the Director, CSIR-NIScPR has been pleased to constitute a Committee comprising the following members to organize the 8<sup>th</sup> International Yoga Day – 2022 at NIScPR with full fervour and participation of all employees.

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|---|------------|
| (i) Dr. Charu Verma, Sr. Principal Scientist, | - Chairman |
| (ii) Dr. Charu Lata, Sr. Scientist            | - Member   |
| (iii) Sh. Kashmiri Lal, PTO                   | - Member   |
| (iv) Mrs. Bhavna Thakur, SO                   | - Convener |
| (v) Sh. R.K. Nargarwal, Sr. Tech.             | - Member   |

Attached below is the communication between Hon'ble Minister for Ayush to Hon'ble Minister for S&T informing to plan activities as proposed w.e.f. 16.5.2022 (to be continued till 21.6.2022) in Annexure –I. The allotment dates for Ministries/Departments for conducting Yoga Programmes as count down to International day of Yoga 2022 is also endorsed at Annexure-II. In addition to activities such as pledge, competition, quizzes, video contest etc, participation of general public will be organized on MyGov platform. The Committee will organise programmes which can be conducted during the count-down Yoga Programme of IDY-2022, that has been listed as follows and will send a report to CSIR Hqrs. in due course of time.

1. Common Yoga Protocol practice
2. Yoga Break (Y-Break) Practice
3. Lectures on Yoga by Experts
4. Yoga Workshops
5. Yoga Demonstration
6. Yoga related competitions
7. Any other related promotional activities

  
(Manish Mehta)  
Section Officer

Copy to :

1. All Committee Members
2. PPS to Director
3. PS to COA
4. Head IT – For uploading the OM in NIScPR website
5. Hindi Unit
6. Office copy