

राजस्थान सरकार

निदेशालय समेकित बाल विकास सेवाएं

महिला एवं बाल विकास विभाग

क्रमांक:एफ.16(1)( )सामान्य/आईसीडीएस/18/ १६९५४-४०

जयपुर,दिनांक 31.5.18

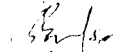
उपनिदेशक,

महिला एवं बाल विकास विभाग,

समस्त।

विषय:-दिनांक 21 जून,2018 को अन्तर्राष्ट्रीय योग दिवस मनाये जाने के संबंध में।

उपरोक्त विषयान्तर्गत सचिव, महिला एवं बाल विकास मंत्रालय, भारत सरकार द्वारा मुख्य सचिव महोदय को सम्बोधित DO No. 15-2/2017-CD.1 दिनांक 6.4.2018 की प्रति संलग्न कर लेख है कि दिनांक 21.06.2018 को प्रातः 7:00 से 8:00 बजे पत्र में दिये गये CYP आधारित सामूहिक योग प्रदर्शन में अपने जिले की कार्यकर्ता/सहायिका के साथ भाग लेना सुनिश्चित करें।

  
निदेशक

समेकित बाल विकास सेवाएं  
राजस्थान, जयपुर।

क्रमांक:एफ.16(1)( )सामान्य/मीटिंग/आईसीडीएस/18/ १६९४१-४३जयपुर,दिनांक 31.5.18  
प्रतिलिपि निम्न को सूचनार्थ एवं आवश्यक कार्यवाही हेतु :-

1. सचिव, भारत सरकार,महिला एवं बाल विकास मंत्रालय, भारत सरकार शास्त्री भवन, नई दिल्ली-110001
2. उपनिदेशक/एसीपी मु. को विभागीय वेबसाईट पर अपलोड करने हेतु।
3. गार्ड फाईल।

उप निदेशक(प्रशिक्षण)  
समेकित बाल विकास सेवाएं  
राजस्थान, जयपुर।

राकेश श्रीवास्तव  
सचिव  
Rakesh Srivastava  
Secretary



संघीय शासन  
स्वास्थ्य एवं कल्याण विभाग  
राजधानी सचिवालय, नई दिल्ली - 110001

Government of India  
Ministry of Health & Child Development  
Block 1, Bhambal Road, New Delhi-110001  
6<sup>th</sup> April, 2018

D.O.No 15-2/2017-CD.1

15/2/2018/75603

Dear Chief Secretary,

As you are aware, 21<sup>st</sup> June is observed as International Day of Yoga (IDY). This practice started in 2015, when at the initiative of Hon'ble Prime Minister of India, the United Nations General Assembly took a historic decision to declare 21st June as the International Day of Yoga. This International Yoga Day falls on 21st June, 2018. There will be greater and more active participation of youth during the celebrations.

2. Yoga is an integral part of our cultural and spiritual heritage. Since long yoga is in practice, more or less, in every part of India. This is beneficial for all and it is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercises but to discover the sense of oneness with ourselves, the world and nature. By changing our lifestyle and creating consciousness, it can help us to deal with climate change.

3. The central event of the International Day of Yoga, since the previous years, would be the Mass Yoga Demonstration based on the International Yoga Protocol (IYCP). However, the objective of this exercise is not just a one-day celebration - it aims to make all participants aware of the numerous rewards the International Day of Yoga can bring to the individual and the family and thereby inspire them to continue the practice of Yoga beyond Yoga Day. The IYCP is a 15 minutes sequence of Yoga exercises designed by Yoga experts with the objective of maintaining the well-being of the people. Details of the IYCP in the form of e-book and video is available at the website: yoga.ayush.gov.in.

4. The Anganwadi Services across the country are providing services to around 100 million beneficiaries through 13,03,373 Anganwadi Centres (AWCs). On the International Day of Yoga, the Anganwadi Services should particularly Pregnant Women & Lactating Mothers may be encouraged to participate which will bring paradigm shift in their health seeking behaviour. The Anganwadi Workers & Anganwadi Helpers working in the Anganwadi Centres and other functionaries under the ICDS may be instructed suitably for observing the International Day of Yoga and tell the benefits of Yoga to them. This activity must not be limited to the Yoga Day only, but to encourage all the beneficiaries coming to the Anganwadi centres to make it a habit so that this can be inculcated in the future generation also.

5. I would, therefore, request you to issue necessary instructions to the concerned officers dealing with WCD (including ICDS) to undertake the celebrations of

CTDS  
AWA

18/4/18

PD(HG)  
BC  
21/4  
12-4-18

SI, MJS  
21/4

International Day of Yoga by organising Mass Yoga Demonstrations based on the QYP on 21st June, 2018 from 7:00 AM to 8:00 AM in all the Anganwadi Centres across your State/UT and to encourage the staff officers and stakeholders to participate in the event. The action taken report in this regard may kindly be sent to Shri Manoj Kumar, Under Secretary, MoWCD at his E-mail: manojkumar1616@nic.in.

With regards,

Yours sincerely,



(Rakesh Srivastava)

Chief Secretary in all States/UTs

Copy to:

1. Principal Secretary/ Secretary in-charge of WCD (including ICDS) in all States/UTs
2. Directors (Anganwadi Services/ICDS) in all States/UTs