



No. 20-05/2020-WL&Sports (Pt. I)
Government of India
Ministry of India
Department of Posts
(Welfare & Sports Section)

Dak Bhawan, Sansad Marg
New Delhi – 110001
Dated 15.06.2021

To,
All Heads of Postal Circles.

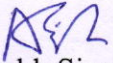
Sub: Celebration of International Day of Yoga (IDY) 2021 – reg

Dear Madam, Sir,

This is in continuation of this office letter of even no. dated 19.04.2021, 06.05.2021, 04.06.2021 and emails regarding International Day of Yoga 2021 on 21st June 2021. A meeting of the Cabinet Secretary with Secretary (Posts) was held on 14.06.2021. Further to which the following main action points have been assigned for maximizing the use of Digital platforms for making IDY 2021 a success.

2. In view of the above following activities needs to be taken immediately:
 - a. All Employees in the post offices shall be encouraged to take the online pledge “I Pledge to make YOGA an Integral part of my daily life” through the AYUSH portal <https://pledge.mygov.in/integrate-yoga-lifestyle/>. This link must be added onto Circle Website, social media and widely publicized through whatsapp, koo, etc. Number of employees taking pledge must be informed positively on 21.06.2021.
 - b. All Postal Employees and their families shall be encouraged for participation/viewership of the Lead National Event on 21st June 2021. Group viewership following protocol of social distancing may also be taken. (photos may please be shared)
 - c. Workshops/Webinars should be done together on virtual meeting apps (zoom, google meet etc.) and the photo of the same may be shared with this office. It shall also include staff of Rural Posts Offices located in Aspirational Districts.
 - d. A special cancellation design will be shared shortly. The special cancellation is to be prepared for release on 21.06.2021 at all Head Post Offices.
 - e. A video on Common Yoga Protocol is to be run in loop mode on LED Screens in Post Offices. The photo of the same may be shared with this office. Link for the video in both High Definition and low definition is as follows: <https://drive.google.com/drive/folders/1XvXhzccNQshY9Iw0ueit1ZI-pdW9uPrZ?usp=sharing>.

- f. The participation of employees in virtual platform of yoga exercise through virtual meeting (google meet, MS teams, zoom). Screenshot to be shared with this office.
- g. A VC meeting on the above is scheduled for 16.06.2021 at 15.00hrs. Link to join is as follows:
- Join Zoom Meeting
<https://us02web.zoom.us/j/87178328267?pwd=ZUpZYkxwREJZZUIRTWFJREd3UjVDdz09>
- Meeting ID: 871 7832 8267
Passcode:403842
- h. Banners/Paper printouts with Weblinks shared previously to be displayed at Post Offices. The photo of the same may be shared with this office.
- i. Photographs of rubber stamps with message of “Be with Yoga, Be at Home” of IDY – 2021 (to be used on mail articles) may also be shared.
3. The photos/screenshot to be shared as mentioned in above sub-paras may kindly be sent at welfareandsports@gmail.com . All photographs may preferably be sent together.


(Amitabh Singh)
DDG (Trg&Wlf)

Copy to:

1. Office Copy.