

भारतीय मानक ब्यूरो / BUREAU OF INDIAN STANDARDS

(प्रशासन विभाग / Administration Department)

परिपत्र / CIRCULAR

विषय: 8<sup>th</sup> International Day of Yoga (IDY), 2022 to be observed on 21 June 2022

This is in continuation of earlier Circular ref. No. BIS HQ/ADMN/Circular (55)/2022 dated 25 April 2022 and also referred the letter No. N-27/01/2022-P&C dated 13 June 2022 of DoCA hereby requested to celebrate the 8<sup>th</sup> International Yoga Day with active participation of employees of the organization/unit to make the International Day of Yoga (IDY) a huge success and also requested to involve local people, local celebrities from sports, films and social services to ensure large scale participation to achieve the target participation of people at the iconic sites for the celebration of 8<sup>th</sup> IDY for kind perusal (copy enclosed).

2. In this connection, all Ros/BOs/Labs/NITS are requested to ensure the compliance the above and to encourage their officials including contractual person to participate in all activities to be carried out the 8<sup>th</sup> IDY, 2022 in their respective offices.

3. The expenditure to be incurred from the Budgetary Head "Staff Welfare" (Budget Code:2203) of BIS DGO as allocated to all Ros/BOs/Labs/NITS. If any additional budget required, the request may be sent to Finance Department with proper justification, directly.

4. All Heads of ROs/BOs/Labs /NITS are requested to ensure and compliance of the above and necessary action may be taken accordingly by all ROs/BOs/Labs/NITS for Celebration of 8<sup>th</sup> International Day of Yoga (IDY) on 21 June 2022 and Action Taken Report with high quality photos for the same may be sent to Administration Department latest by 22 June 2022 (1300 Hrs) at e-mail: [administration@bis.gov.in](mailto:administration@bis.gov.in). Further, also requested to upload their photographs on Manak Manch of the Bureau.

5. For BIS HQ, all participants (approx. 340 Nos.) at BIS HQ, who have participated in 2<sup>nd</sup> Countdown for International Yoga Day, 2022 on 10 June 2022, are requested to bring their Yoga Mat(s) on 21 June 2022, compulsorily. On this occasion, a T-Shirt embossing the Logo 'Har Ghar Tiranga' under Azadi Ka Amrit Mahotsav (AKAM) will also be distributed to the participants on 'First Come, First Serve Basis', with full enthusiasm for successful celebration of International Yoga Day, 2022 in the Bureau.

6. Officials nominated for the arrangements to celebrate of IDY, 2022 on 21 June 2022 at BIS HQ as mentioned at Annexure 'A'.

7. This issues with the approval of Competent Authority of the Bureau.

Encl: as above



(संदीप मीना)

निदेशक (प्रशासन)

Our Ref: ADMN/02/64/2021

Circulated to:

- (i) All ROs/BOs/Labs/NITS - through BIS Intranet, for compliance.
- (ii) Head (GSD) ]
- (iii) Head (PR Deptt.) ] - for information and necessary action.
- (iv) Head (ITSD) ]
- (v) All concerned officials ]

**Annexure 'A'**

1. Action/arrangement to be required for 8<sup>th</sup> IDY, 2022 on 21 June 2022 at BIS HQ (Lawn Area) from 0900 hrs onwards:

Sl. No.	Particular	Concerned Department/Section
1.	Tent and sufficient water coolers arrangement for Yoga Program at Lawn, BIS HQ	GSD (Necessary approval may be obtained from the Competent Authority)
2.	Banners, Standee	GSD
3.	Security Arrangement, sufficient Juice and drinking water arrangement to be arranged by Canteen	GSD
4.	Photographer for taking some photos and wide publicity on BIS Social Media handles/platform i.e. Facebook, Twitter etc.	PR Department
5.	Audio arrangements i.e. Collar Mikes etc with sufficient battery backup	Maintenance Cell, GSD
6.	Laptop with one expert engineer	ITS Department
7.	Distribution of T-Shirts on 'First Come First Serve basis'.	Administration Department (Issue Section)

2. The following employees at BIS HQ will also be assisted during Yoga event:

1.	Sh. Gian Chand, AD (A&F) & WO	Overall co-ordination of 8 <sup>th</sup> IDY, 2022
	<b>Team (Male)</b>	<b>Team (Female)</b>
2.	Sh. Mahesh Kumar, SO (Admn.)	Smt. Archana Bansal, SO (GSD)
3.	Sh. Yuvraj Chauhan, SO (Admn.)	Ms. Urmila Mahawar, ASO (GSD)
4.	Sh. Shrikant Gaur, SO (GSD)	Ms. Pooja Kashyap, contractual Nurse
5.	Sh. Ravinder Kumar, MTS (Admn)	Ms. Poonam, DEO (GSD)

AD  
SO (A)  
13/6/22

No. N-27/01/2022-P&C  
Government of India  
Ministry of Consumer Affairs, Food & Public Distribution  
Department of Consumer Affairs

Krishi Bhawan, New Delhi-110001.  
Dated the 13<sup>th</sup> June, 2022.

To

1. The Director General,  
BIS, Manak Bhawan, New Delhi
2. The Director General,  
NTH, Kolkatta
3. The Registrar,  
NCDRC, New Delhi
4. The Managing Director,  
NCCF, New Delhi
5. The Director,  
IILM, Ranchi & all RRSLs

Subject: Celebration of 8th International Day of Yoga, 2022 - Regarding.

Sir,

I am directed to forward a copy of D.O. letter No. M-16011/9/2022-YN dated 03.06.2022 received from Shri Sarvananda Sonowal, Hon'ble Minister of Ayush and Ports, Shipping & Waterways on the above mentioned subject for information and active participation of employees of your organization/ unit to make the International Day of Yoga (IDY) a huge success.

2. You are also requested to involve local people, local celebrities from sports, films and social services to ensure large scale participation to achieve the target participation of people at the iconic sites for the celebration of 8th IDY as mentioned in the Annexure to the above refereed letter.

Encl: As above.

Yours faithfully,

*J. Narayanan*  
(Jayashree Narayanan)  
13/6/2022  
Under Secretary to the Govt. of India  
Tele: 011-2338 4627

Copy to:-

1. Dy. Secy. (Pub.) with a request to coordinate with DD team and Ministry of Ayush in advance to make the event a grand success. Live feeds etc. may also be sent to Central Media cell at Morarji Desai National Institute of Yoga (MDNIY) and to sound the Public Relation/media cell of the Department for its wide dissemination of overall electronic, social & print media houses, Doordarshan & other channels by providing feed/byte/article and creating buzz for IDY among masses.
2. All Divisional Heads, DoCA for appropriate action..



Minister of Ayush  
and  
Ports, Shipping & Waterways  
Government of India

सर्बानंद सोणोवाल  
SARBANANDA SONOWAL



M-16011/9/2022-YN  
03, June, 2022

Respected Sir,

It is my pleasure to inform that on the basis of the initiative of Hon'ble Prime Minister Shri Narendra Modi, the United Nations General Assembly took a historic decision in 2014 to declare 21<sup>st</sup> June as the International Day of Yoga. Since then we are celebrating the event every year and it is 8<sup>th</sup> in the series this year. The Ministry of Ayush is the nodal Ministry for observation of the IDY. It is focused on a Mass Yoga demonstration based on Common Yoga Protocol (CYP) which is publicly available on the Yoga Portal ([yoga.ayush.gov.in](http://yoga.ayush.gov.in)).

This year the main event of mass Yoga demonstration will be organized under the leadership of Hon'ble Prime Minister of India Shri Narendra Modi Ji at Mysuru Palace, Mysuru, Karnataka. Further, IDY 2022 will be observed with "Yoga for Humanity" as the theme and shall focus on "Brand India at Global Stage" while showcasing its iconic places.

The preparations for IDY-2022 are already underway. As the upcoming 8th IDY is falling in Azadi Ka Amrit Mahotsav year, the Government of India under the leadership of Hon'ble Prime Minister proposes to observe IDY at 75 iconic sites across the country besides 75 locations across the world and also within States and UTs. We would be grateful for your gracious presence in one of such celebrations with large scale participation by involving all sectors including Government, Private, PSUs, NGO, Yoga Organizations, Attached & Sub-ordinate offices and Associations under your Ministry/Department to achieve the target participation of 25 Crore people. Local celebrities from sports, films and social services may be invited to participate in the celebrations of IDY 2022.

As you are already aware, for IDY observation entire government is working with a common cause and pooling of all resources is required, therefore **your Ministry/Department has been assigned the overall responsibility of one of the iconic locations as indicated in the Annexure. Same is to be supported with all financial, logistics, infrastructural and human resources from your Ministry/Department.** You may also collaborate with local Yoga Institutes for any technical assistance. Further, Public Relation/media cell of your Organization is also to be sounded for its wide dissemination of overall electronic, social & print media houses, Doordarshan & other channels by providing feed/byte/article and creating buzz for IDY among masses.

I am also happy to share that this year is a first of its kind where we are celebrating IDY across the world with "Guardian Ring" concept which will be celebrated by different Indian Embassies abroad in collaboration with yoga organizations and other local people with the movement of the sun.

Contd..-p-2/-

203953/2022/P&amp;Cमंत्री

आयुष मंत्रालय

एवं पत्तन, पोत परिवहन और जलमार्ग मंत्रालय  
भारत सरकारMinister of Ayush  
and  
Ports, Shipping & Waterways  
Government of Indiaसर्बानंद सोणोवाल  
SARBANANDA SONOWAL

-2-

The relay program of same will be telecast over DD India showing countries celebrating the same in different time zones from 03:00 AM in the Morning till 10:00 PM on 21<sup>st</sup> June, 2022. Glimpse of your celebrations in 75 iconic locations in India will also be part of this relay program. Hence, necessary coordination with DD team and Ministry of Ayush may also be established in advance to make it a grand success.

Live feeds etc may also be sent to Central Media Cell at Morarji Desai National Institute of Yoga (MDNIY). The nodal person for the seamless coordination of IDY 2022 is Dr. I V Basavaraddi, Director, MDNIY, Ministry of Ayush, Mobile No. 9810800289 & 7678318289 and email ID [directormdniy@yahoo.com](mailto:directormdniy@yahoo.com).

Your esteemed presence on the occasion would be an honour for us. It would certainly enhance our morale and passion to provide cost effective and equitable Ayush healthcare throughout the country.

*With kindest regards*

Yours sincerely,

(Sarbananda Sonowal)

Encl: Annexure (75 locations)

**Shri Piyush Goyal**  
Minister of Textiles, Commerce and Industry,  
Consumer Affairs, Food and Public Distribution  
Krishi Bhawan, Dr. Rajendra Prasad Road,  
New Delhi-110001

203953/2022/P&amp;C

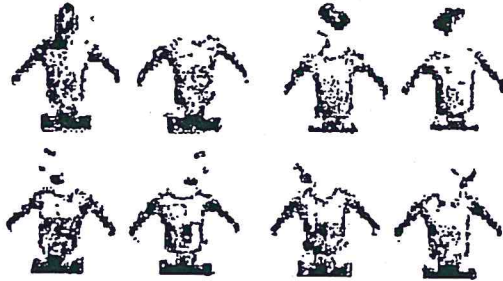
Sl. No.	Iconic Sites	State	Union Minister/ Member of Parliament	Ministry
1.	Coimbatore	Tamil Nadu	Shri Rajnath Singh	Defence
2.	Tryambakeshwar Temple, Nasik	Maharashtra	Shri Amit Shah	Home Affairs, Cooperation
3.	Zero Milestone, Nagpur	Maharashtra	Shri Nitin Gadkari	MoRTH
4.	Jantarantar (New Delhi)	Delhi	Mrs. Nirmala Sitharaman	Finance, Corporate Affairs
5.	Khajuraho Group of Monuments, Chhatarpur, Madhya Pradesh	Madhya Pradesh	Shri Narendra Singh Tomar	Agriculture & Farmers Welfare
6.	Lotus Temple (Bahapur)	Delhi	Shri S. Jaishankar	External Affairs
7.	Ranchi	Jharkhand	Shri Arjun Munda	Tribal Affairs
3.	Residency Lucknow	Uttar Pradesh	Mrs. Smriti Irani	Women and Child Development
0.	Marine Drive, Mumbai	Maharashtra	Shri Piyush Goyal	Commerce, Consumer Affairs Food & PD, Textiles
0.	Kangra Fort	Himachal Pradesh	Shri Dharmendra Pradhan	Education
1.	Ayodhya	Uttar Pradesh	Shri Bhupendra Yadav	MoEFCC
2.	Group of Monuments at Hampi	Karnataka	Shri Pralhad Joshi	Parliamentary Affairs, Coal & Mines
3.	Phugewadi Metro station, Pune	Maharashtra	Shri Narayan Jatu Rane	MSME
4.	Fatehpur Sikri	UP	Shri Muqtar Abbas Naqvi	Minority Affairs
5.	Maa Narmada Ugamstha, Amarkantak	Madhya Pradesh	Dr. Virendra Kumar	Social Justice
6.	Har ki Paudi ( Haridwar)	Uttarakhand	Shri Giriraj Singh	Rural Development, Panchayati Raj
7.	Fort Gwalior	Madhya Pradesh	Shri Jyotiraditya Scindia	Civil Aviation
8.	Mahabodhi Temple	Bihar	Shri Ram Chandra Prasad Singh	Steel
9.	Sun Temple, Konark, Puri District	Odisha	Shri Ashwini Vaishnaw	Railways
0.	Hastinapur (Meerut)	Uttar Pradesh	Shri Pashupati Kumar Paras	Food Processing Industries
1.	Sam Sand Dunes, (Jaisalmer)	Rajasthan	Shri Gajendra Singh Shekhawat	Jal Shakti
2.	Pangyong Lake (Leh)	Ladakh	Shri Kiren Rijiju	Law & Justice
3.	Red Fort Complex (Old Delhi)	Delhi	Shri Hardeep Singh Puri	Petroleum, Housing & Urban Affairs
4.	NalandaMahavihara (Nalanda)	Bihar	Shri R.K. Singh	Power, New & Renewable Energy
5.	Statue of Unity (Kevadia)	Gujarat	Shri Mansukh Mandaviya	Health & Family Welfare, Chemical
6.	Dholavira (Kachchh)	Gujarat	Shri Parshottam Rupala	Fisheries, Animal Husbandry & Dairying
7.	AnandSagar Lake, Hyderabad	Telangana	Shri G. Kishan Reddy	Tourism, Culture, DoNER
8.	Nalagarh Palace. (Solan)	Himachal Pradesh	Shri Anurag Singh	Sports, Information &

59.	Thenzawal 203953/2022/P&C (Srinagar)	Mizoram	Shri B.L. Verma	MoS (DoNER, Co-operation)
60.	Kargil	Ladakh	Shri Ajay Kumar Mishra	MoS (Home Affairs)
61.	Modhera Sun Temple (Modhera village)	Gujarat	Shri Devusinh Chauhan	MoS (Communication)
62.	Halebeedu	Karnataka	Sushri Shobha Karandlaje	MoS (Agriculture & Farmer Welfare)
63.	SKICC, Dal lake, (Srinagar)	Jammu & Kashmir	Shri Kapil Moreshwar Patil	MoS (Panchayati Raj)
64.	Neermahal Palace (Sepahijala)	Tripura	Ms. Pratima Bhoumik	MoS (Social Justice)
65.	Shanti Niketan (Bolpur town) / Belurmath	West Bengal	Dr. Subhas Sarkar	MoS (Education)
66.	Sabarmati River Front	Gujarat	Shri Bhagwat Krishnarao Karad	MoS (Finance)
67.	Loktak Lake (Bishnupur)	Manipur	Shri Rajkumar Ranjan	MoS (External Affairs, Education)
68.	Martand Sun Temple (Anantnag)	Jammu & Kashmir	Dr. Bharti Pravin Pawar	MoS (Health & Family Welfare)
69.	Tampara Lake (Ganjam)	Odisha	Bisweshwar Tudu	MoS (Tribal Affairs, Jal Shakti)
70.	Rushikonda Beach, (Vishakhapatnam)	Andhra Pradesh	Shri. Shantanu Thakur	MoS (Ports, Shipping and waterways)
71.	Beach Promenade (Puducherry)	Puducherry	Shri L. Murugan	MoS (Fisheries, IB)
72.	Atal Tunnel	Himachal Pradesh	Shri Nitish Pramanik	MoS (Sports and Home Affairs)
73.	Gol Gumbaz, Vijayapura	Karnataka	Shri Bhagwanth Khuba	MoS (New and Renewable Energy, Chemicals and Fertilizers)
74.	Mawlynnong (Cleanest Village)	Meghalaya	Shri John Barla	MoS (Minority Affairs)
75.	Buddhist Monuments Sanchi town, Raisen district, Madhya Pradesh	Madhya Pradesh	Shri Bhanupratap Singh	MoS (MSME)

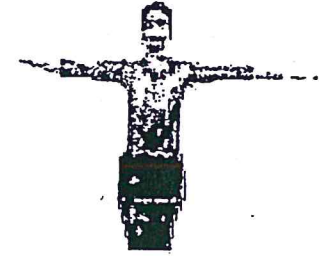
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Padmasana



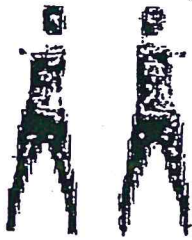
Neck Exercises



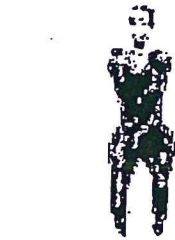
Shoulder Stretching



Shoulder Rotation



Trunk Twisting



Knee Movement



Toe Exercise



Waist Exercise



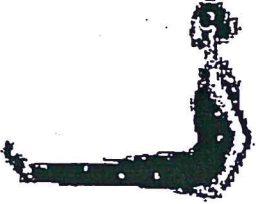
Pawanasana



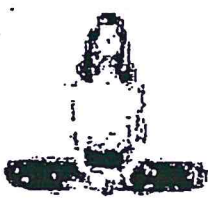
Ardha-Chakrasana



Bhujangasana



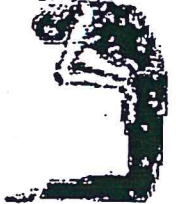
Bhadrasana



Bhadrasana



Vajrasana



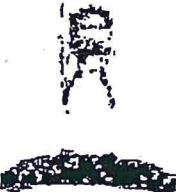
Ardha-Chakrasana



Ushtrasana



Shashankasana



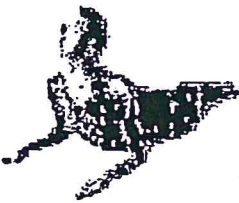
Ushtrasana



Ushtrasana



Ushtrasana



Bhujangasana



Shalabhasana



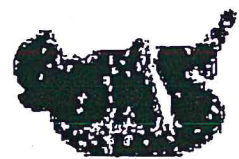
Salabhasana



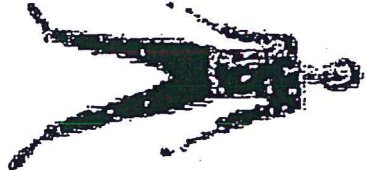
Ushtrasana



Ardha-Chakrasana



Pawanasana



Savyasana

