

भारतीय मानक ब्यूरो / BUREAU OF INDIAN STANDARDS
(प्रशासन विभाग / Administration Department)

परिपत्र / CIRCULAR

विषय: International Day of Yoga (IDY), 2022 to be observed on 21 June 2022 – reg.

International Day of Yoga (IDY), 2022 will be celebrated on 21 June 2022 in all offices of the Bureau. On the occasion of IDY, 2022, following activities will be carried out in the Bureau:

- (i) This year, the theme of International Yoga Day, 2022 is “**Yoga for Well Being**”.
- (ii) There is a need to encourage to all officers/staff to participate in IDY 2022 to serve the following objectives:
 - (a) Health promotion including building of immunity through yoga; and
 - (b) Providing relief from stress and improving the sense of well-being by the practice of yoga.
- (iii) All officers/staff to participate in Common Yoga Protocol (CYP) the quality digital training resources & daily virtual training sessions offered by Morarji Desai National Institute of Yoga. if any. The same will be communicated as and when received from the concerned department.
- (iv) All officers/staff of the Bureau may be requested to go through the E-handbook of M/o AYUSH. The same is available on the yoga portal of M/o Ayush on the location https://yoga.ayush.gov.in/public/assets/IDY_ebook.pdf.
- (v) Logo and Theme of International Yoga Day, 2022 will be displayed on BIS website.
- (vi) All officers/staff to participate in IDY competitions organized digitally by MoA on MyGovt platforms, if any. The same will be communicated as and when received from the concerned department.
- (vii) Activities of International Yoga Day (IYD), 2022 are to be shared on BIS social and digital media platforms like Twitter, Facebook etc. Accordingly, officials may be requested to send their 1 or 2 photographs of practicing yoga, to Public Relation Department i.e. pr@bis.gov.in, for sharing the same on social media platforms by Public Relation Department.
- (viii) If any COVID-19 situation is going to be worst, the Govt's COVID- 19guidelines like physical distancing norms, use of masks & sanitizers etc may be followed and digital mode for Yoga may be adopted.

2. Yoga may be conducted at BIS HQ, Lawn or Canteen or BIS Club/Recreation room, which will be available, by trained yoga instructor(s). Each batch having 50 persons for 30 minutes, details of which are given below:

Sl. No.	Batch	Time	Capacity		Participants@	Items to be provided to the participants
			Male	Female		
1.	1 st	(0930 hrs to 1000hrs)	50 officials	50 officials	All Heads & above	One Yoga Mat
2.	2 nd	(1015 hrs to 1045 hrs)	50 officials	50 officials	All regular employees including contractual staff	
3.	3 rd	(1100 hrs to 1130 hrs)	50 officials	50 officials	All regular employees including contractual staff	
4.	4 th	(1145 hrs to 1215 hrs)	50 officials	50 officials	All regular employees including contractual staff	
5.	5 th	(1230 hrs to 1300 hrs)	50 officials	50 officials	All regular employees including contractual staff	
Total			Approx. 250 Nos.	Approx. 250 Nos		Approx. total 500 officials/participants X Cost of one Yoga Mat is approx. Rs. 350/- including GST =Rs.1,75,000/- (approx.) #
Misc. Expenditure (Banners/photographers etc.)						Rs. 10,000/- (approx.)

@ Interested participants, who wish to join Yoga Session/batch may come with empty stomach for maximise the benefit of Yoga.

if participants increase, Yoga Mat will be provided to the participants, later on.

3. Honorarium to the Yoga Instructor to be engaged for celebration of IDY, 2022:

Sl. No.	Name of the Yoga Instructor	Honorarium (in Rs.)
1.	Ms. Himani Shokhand,	Rs. 10,000/-
2.	One female instructor	Rs. 5,000/-
Total		Rs. 15,000/-

4. The following employees at BIS HQs may be assisted to the yoga program:

Sl. No.	Sh. Gian Chand, AD (A&F) & Welfare Officer, Admn. Department	Overall coordination
Two team for Yoga Program on 21 June 2022		
	Team (Male)	Team (Female)
1.	Shri Mahesh Kumar, SO (Admn.Deptt)	Smt. Archana Bansal, SO (GSD)
2.	Shri Ravi Aggarwal, Supervisor	Smt. Urmila Mahawar, ASO, GSD
3.	Shri Rakesh Arora, Supervisor	Smt. Nishita Jain, SSA, Estt. Deptt.
4.	Sh. Sanjeev Kumar, Supervisor, GSD	One Lady Security Guard


5. Similarly, in all ROs/BOs/Labs/NITS may also celebrate the International Yoga Day on 21 June 2022 (Tuesday) in their respective offices and requested to send their report alongwith some photographs to the Administration Department through e-mail: administration@bis.gov.in by 22 June 2022. Interested Officials of BIS HQs including contractual person are requested to send their nomination consisting details i.e. Name of the Official, Name of Department etc. on or before 15 June 2022, to the Administration Department through email: administration@bis.gov.in.

6. The expenditure to be incurred from the Budgetary Head "Staff Welfare" Budget Code: 2203 of BIS DGO as allocated to all ROs/BOs/Labs/CL/NITS. If additional budget to be required, they may send their request, directly, to the Director (Finance) with proper justification.

7. Heads of all ROs/BOs/Labs/NITS including BIS HQs are requested to kindly encourage their officials including contractual person to participate in all activities to be carried out during International Yoga Day on 21 June 2022 and celebrate IDY in their respective offices.

8. 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 through BIS Intranet to:

- (i) All employees including contractual employees of the Bureau
- (ii) Heads of all ROs/BOs/Labs/NITS including HQs for information and compliance.