

**CSIR – HUMAN RESOURCE DEVELOPMENT GROUP
CSIR COMPLEX, LIBRARY AVENUE, PUSA, NEW DELHI – 110 012**

No. IYD/Gen.Cx./2022

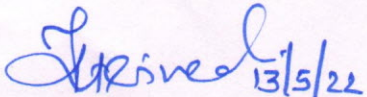
Date: 13-05-2022

CIRCULAR

In pursuance of the Honorable Minister, Ministry of Ayush, Government of India e-mail dated 08-04-2022, forwarded vide CSIR e-mail dated 12-05-2022, following activities have been planned to be undertaken for all the staff members posted at CSIR Complex, including all contractual workers, during the count-down to the International Yoga Day 2022 being celebrated on 21st June 2022:

1. All staff members are requested to carry out Common Yoga protocol practices at their home on Monday, 16th May 2022 (it being a closed holiday) and send the photographs of such yoga practices to the CSIR HRDG WhatsApp Group. The best photographs will be displayed on the CSIR – HRDG's website.
2. All staff members are encouraged to download the "Y-break" application available on both Play Store (for android users) and on IOS platform, go through its contents and follow the instructions contained therein.
3. A video containing certain Yoga postures and Yoga Day messages shall be circulated through HRDG WhatsApp Group & E-mail to all staff members. All staff members may watch the video and follow the yoga practices mentioned therein in their day-to-day activities.

All concerned may note for information, guidance and compliance.


(Yagnesh Trivedi)
UNDER SECRETARY

Copy to:

1. All Divisional Heads/Sectional Heads ----- With a request to bring the contents of this Circular to the kind notice of the staff members working with them.
2. PA to Head, HRDG
3. PPS to Head, RAB
4. Chief Engineer, ESD
5. DS, Complex
6. All Notice Boards
7. Head, IT Cell ----- with a request to upload this circular on the website of the CSIR HRDG for wider dissemination