



कार्यालय: रक्षा लेखा प्रधान नियंत्रक
PRINCIPAL CONTROLLER OF DEFENCE ACCOUNTS
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NO: AN/II/YOGA

DATE: 17/06/2020

CIRCULAR

To

All the officers in Main office

All the Sections in Main office

All Sub offices under PCDA Bangalore

International Yoga Day will be celebrated on 21/06/2020. In light of current pandemic situation in the country, it has been decided by the Govt to encourage people to pursue Yoga from their homes. Accordingly, it is instructed to practice and propagate Yoga with family members in the run up to this year's International Day of Yoga (IDY) 2020 and celebrate IDY in a non congregative way by doing 45 minute long Common Yoga Protocol (CYP) drill at 7.00 AM on 21st June 2020.

The CYP is a Yoga Protocol developed by accomplished Yoga experts and is easily adoptable by majority of the people irrespective of age and gender differences with training sessions and online sessions on CYP is streamed in AYUSH Ministry's website <https://yoga.ayush.gov.in/yoga/> and Social Media Platforms as well as partnering TV Channels.

All the officers and staff are requested to participate in International Day of Yoga (IDY) 2020 celebrations in a non congregative way by doing 45 minute long Common Yoga Protocol (CYP) drill at home along with family members at 7.00 AM on 21st June 2020.

This issues with the approval of PCDA

-Sd-

(Manjula V S)

Senior Accounts Officer (AN)

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- OA Cell

for uploading in PCDA Bangalore Website

(V N Hariharan)

Assistant Accounts Officer (AN)