

REHABILITATION COUNCIL OF INDIA
(A Statutory Body of Ministry of Social Justice & Empowerment,
Department of Empowerment of Persons with Disabilities (Divyangjan)
B-22, Qutab Institutional Area, New Delhi-110016

F.No.5-14/2016-RCI

Date: 17 June, 2021

CIRCULAR

Sub: Celebrating 7th International Day of Yoga on 21st June, 2021 – reg.

Yoga has recently become a very popular exercise and it has benefits for the body as well as mind. June 21 is celebrated as International Yoga Day. Taking cognizance of the current pandemic situation, Ministry of Ayush, Govt. of India has started a campaign called "Be with Yoga, Be at Home!", to encourage the practice of Yoga to counter the effects of viral infection, as well as to stay healthy overall, while practising all precautionary measures to slow down the spread of Covid-19.

2. The Council will observe 7th International Day of Yoga on 21st June, 2021. The theme for International Yoga Day is "Be with Yoga, Be at Home!".

3. To contain the spread of Covid-19, all officers & employees (including contractual/outsourced) of the Council are requested to practice Yoga at Home with their family members and send the pictures/videos to the Council positively by 22 June, 2021. It is imperative to state that Yoga is performed empty stomach before breakfast.


(Dr. Subodh Kumar)
Member Secretary

To

All officers & employees of RCI

Copy to:

1. The Sr. PPS to Secretary, DEPwD and Chairperson, RCI
2. The PPS to the Joint Secretary (PS), DEPwD
2. Shri S.K. Mahto, Under Secretary, DEPwD
3. RCI website
4. Notice board