

F.No. 5-14/2019-RCI  
**Rehabilitation Council of India**  
**(A Statutory Body of Ministry of Social Justice & Empowerment,**  
**Department of Empowerment of Persons with Disabilities (Divyangjan)**

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B-22, Qutab Institutional Area,  
New Delhi-110016

Dated: 19<sup>th</sup> June, 2020

**CIRCULAR**

**Sub.: Celebrating International Yoga Day on 21<sup>st</sup> June, 2020 – reg.**

Yoga has recently become a very popular exercise form not just in the country, but worldwide. Yoga has benefits for the body and the mind and is an inexpensive, convenient, and effective exercise form. June 21 is celebrated as International Yoga Day, but as we celebrate and observe the day when the whole world is fighting the COVID-19 pandemic, Ministry of Ayush, Government of India, has started a campaign called “Yoga at Home, Yoga with Family”, to encourage the practice of Yoga to counter the effects of the 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 6<sup>th</sup> International Yoga Day on 21<sup>st</sup> June, 2020. The theme for International Yoga Day 2020 is ‘**Yoga at Home – Yoga with Family**’.

3. To contain the spread of Covid-19, all officers and 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 2020. 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 (TR), DEPwD, M/o SJ&E
3. The Director (KVS), DEPwD, M/o SJ&E
4. RCI website
5. Notice Board