

Government of India  
Ministry of Communications & IT,  
Department of Telecommunications.  
Sanchar Bhavan, New Delhi-110001.  
**(STG-I SECTION)**

No.100-57/2015-STG-I

Dated, the 15<sup>th</sup> June, 2015

**Office Memorandum**

Subject :- Mass Yoga demonstration/class on 21<sup>st</sup> June, 2015 organized by the Ministry of AYUSH on celebration of the International Day of Yoga.

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The undersigned is directed to refer to forward herwith a copy of G-II Section's OM No.01-07/2015-G.II dated 05.06.2015 and 09.06.2015 on the subject mentioned above. All ITS officers/TES Group 'B'/GCS Gr.'B' & 'C'(unabsorbed) officers under the administrative control of Staff Branch, are requested to submit their NOMINATIONS directly to G-II Section, DoT(Hq.) under intimation to this office latest by **16.06.2015**.

This may be treated as **MOST URGENT**.



**(D.N.Sah),  
Under Secretary(SGT)**

Encl. a/a

To

- i) All ITS officers/TES Group 'B'/GCS Gr.'B' & 'C' under the Administrative control of Staff Branch;
- ii) ADG(IT), DoT(Hq.) with a request to upload the said O.M. on DoT website.

Copy to :-

- i) Sr.DDG(TEC), New Delhi for similar action in respect of officers/officials working under your administrative control. Action taken report may be submitted to DDG(C&A), DoT(Hq.) under intimation to this office;
- ii) DDG(TERM), Delhi for similar action in respect of officers/officials working under your administrative control. Action taken report may be submitted to DDG(C&A), DoT(Hq.) under intimation to this office;
- iii) DDG(C&A), DoT(Hq.);
- iv) Under Secretary(T), DoT(Hq.).

No. 01-07/2015-WL/G.II  
Government of India  
Ministry of Communication & IT  
Department of Telecommunications  
(General II / Welfare Section)

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Dated, the 05<sup>th</sup> June, 2015

CIRCULAR

Subject: Mass Yoga demonstration / class on 21<sup>st</sup> June, 2015 organized by the Ministry of AYUSH on celebration of the International Day of Yoga.

As part of the celebration of the International Day of Yoga, Ministry of AYUSH is organizing a mass Yoga demonstration / class at Rajpath between Rafi Marg and C. Hexagon crossing side lawn on Sunday the 21<sup>st</sup> June, 2015 from 07.00 a.m. to 07.35 a.m. Hon'ble Prime Minister has been invited by the Ministry of AYUSH to lead the event. Officers of the rank of Under Secretary and above in the Department of Telecommunications are required to participate in this mass Yoga demonstration / class.

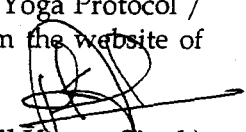
2. It is insisted by Ministry of AYUSH that the participating officials should have some hands on training on the Yoga Asanas to be performed during this mass Yoga demonstration / class and has also started special training modules for the Yoga Asanas at Morarji Desai National Institute of YOGA (MIDNIY), 68, Ashoka Road, Near Gole Dak Khana, New Delhi from 1<sup>st</sup> June to 19<sup>th</sup> June, 2015. The training sessions from Monday to Friday are as follows:-

1<sup>st</sup> Batch: 06.00 a.m. to 07.00 a.m.  
2<sup>nd</sup> Batch: 07.00 a.m. to 08.00 a.m.  
3<sup>rd</sup> Batch: 06.00 p.m. to 07.00 p.m.  
4<sup>th</sup> Batch: 07.00 p.m. to 08.00 p.m.

On week ends from 30<sup>th</sup> May, 2015 i.e. on Saturdays and Sundays (30<sup>th</sup>, 31<sup>st</sup> May, 6<sup>th</sup>, 7<sup>th</sup>, 13<sup>th</sup> & 14<sup>th</sup> June, 2015) :-

1<sup>st</sup> Batch: 06.00 a.m. to 07.00 a.m.  
2<sup>nd</sup> Batch: 07.00 a.m. to 08.00 a.m.  
3<sup>rd</sup> Batch: 08.00 a.m. to 09.00 a.m.

3. The participants can download the DVD and booklets of Common Yoga Protocol / Asanas to be performed during the mass Yoga demonstration / class from the website of Ministry of AAYUSH, i.e. [www.nhp.gov.in/yoga-home](http://www.nhp.gov.in/yoga-home)

  
(Anil Kumar Singh)  
Under Secretary (T)  
Ph. No. 011-23036300

Copy to:-

1. PS to MoC&IT
2. PPS to Secy (T)
3. PPS to Member (F) / Member (T) / Member (S)
4. PPS to SS (T)
5. PPS to Administrator USOF
6. PPS to Wireless Advisor
7. All officers of the level of Under Secretary & above

Copy to:

ADG (IT) for uploading on the website of DoT and knowledge Management Section of e-office.

No. 01-07/2015-WL/G.II  
Government of India  
Ministry of Communication & IT  
Department of Telecommunications  
(General II / Welfare Section)

New Delhi, the dated : 9<sup>th</sup> June, 2015

CIRCULAR

**Subject: Mass Yoga demonstration/class on 21<sup>st</sup> June, 2015 organized by the Ministry of AYUSH on celebration of the International Day of Yoga.**

As per this Department's earlier circular of even No. dated 05.06.2015, officers of the level of Under Secretary and above were required to participate in the mass Yoga demonstration/class being organised at **Rajpath between Rafi Marg and C. Hexagon crossing side lawn on Sunday the 21<sup>st</sup> June, 2015 from 07.00 a.m. to 07.35 a.m.**

2. Ministry of AYUSH have intimated that it has now been decided that "Ministries/Departments should depute persons for performing the Yoga irrespective of their rank provided they are genuinely interested in performing the Yoga Asanas as per the Common Yoga Protocol and have undertaken some hands on training".

3. Ministry of AYUSH has already started special training modules for the Yoga Asanas at Morarji Desai National Institute of YOGA (MIDNIY), 68, Ashoka Road, Near Gole Dak Khana, New Delhi from 1<sup>st</sup> June to 19<sup>th</sup> June, 2015. The training sessions from Monday to Friday are as follows:-

1<sup>st</sup> Batch: 06.00 a.m. to 07.00 a.m.  
2<sup>nd</sup> Batch: 07.00 a.m. to 08.00 a.m.  
3<sup>rd</sup> Batch: 06.00 p.m. to 07.00 p.m.  
4<sup>th</sup> Batch : 07.00 p.m. to 08.00 p.m.

On weekends from 30<sup>th</sup> May, 2015 i.e. on Saturdays and Sundays (30<sup>th</sup>, 31<sup>st</sup> May, 6<sup>th</sup>, 7<sup>th</sup>, 13<sup>th</sup> & 14<sup>th</sup> June, 2015) :-

1<sup>st</sup> Batch : 06.00 a.m. to 07.00 a.m.  
2<sup>nd</sup> Batch : 07.00 a.m. to 08.00 a.m.  
3<sup>rd</sup> Batch : 08.00 a.m. to 09.00 a.m.

4. The participants can download the DVD and booklets of Common Yoga Protocol / Asanas to be performed during the mass Yoga demonstration / class from the website of Ministry of AAYUSH, i.e. [www.nhp.gov.in/yoga-home](http://www.nhp.gov.in/yoga-home)

US(SN/G/SGR)  
10/6

11/6/2015  
SO/SB  
For C.F

Contd ....

12/6/15

5. To facilitate the learning/training for the officers/officials of DoT, it has been decided to screen the DVD and provide some basic In-House training as per the following schedule :

Sl. No.	Activity	Time and Venue
1.	Screening of DVD on Common Yoga Protocol/Asanas	Daily from 15 <sup>th</sup> June, 2015 to 19 <sup>th</sup> June, 2015 during 1.30 P.M. to 2.30 P.M. in the Conference Hall, 13 <sup>th</sup> Floor, Sanchar Bhawan
2.	In-House Training on Asanas by Shri N.K. Sharma	Daily from 15 <sup>th</sup> June, 2015 to 19 <sup>th</sup> June, 2015 during 9.30 A.M. to 10.30 A.M. in Badminton Hall, Eastern Court (near TEC), Atul Grove Road, New Delhi.

6. All the officers/officials willing to participate in the Mass Yoga demonstration/Class are requested to make use of the above facilities to get themselves acquainted with the Common Yoga Protocol/Asanas so that they have the comfort level to perform live during the Mass Yoga demonstration/Class on 21<sup>st</sup> June, 2015.

7. Officers/officials of DOT willing to participate in the Mass Yoga demonstration/Class are requested to send their nominations to General II Section in the performa enclosed by 11.06.2015 positively for onward transmission to Ministry of AYUSH for providing us the requisite invitation cards, passes for car parking, T-Shirts, etc.

Encl : A/A

  
(Anil Kumar Singh)  
Under Secretary (T)  
Ph. No. 011-23036300

Copy to:-

1. PPS to MoC&IT
2. PPS to Secy (T)
3. PPS to Member (F) / Member (T)/ Member (S)/PPS to SS (T)
5. PPS to Administrator USOF
6. PPS to Wireless Advisor
7. All officers/officials of DoT

Copy to:

1. ADG (IT) for uploading on the website of DoT and knowledge Management Section of e-office.
2. PPS to CMD(MTNL) for making arrangements for availabilities of the MTNL Badminton Hall, Atul Grove Road for Yoga Training Session for DoT officers/officials from 9.00 AM to 11.00 AM daily from 15<sup>th</sup> June to 19<sup>th</sup> June, 2015.

## PERFORMA

Subject:- Mass Yoga demonstration/class on 21<sup>st</sup> June, 2015 organized by the Ministry of AYUSH on celebration of the International Day of Yoga.

NAME	DESIGNATION	MOBILE NO/EXTN. NO.	ROOM NO.

I am interested in performing Yoga Asanas as per the Common Yoga Protocol and have undertaken some hands on training and I am willing to participate in the Mass Yoga demonstration/class on 21<sup>st</sup> June, 2015 organized by the Ministry of AYUSH on celebration of the International Day of Yoga.

Signature \_\_\_\_\_

Name \_\_\_\_\_

Designation \_\_\_\_\_

General-II Section