

F. No. 2311/34/2017-GC
Government of India
Ministry of Environment, Forest and Climate Change
General Coordination Section

1st Floor, Jal Block
IP Bhawan, Jorbagh, Aliganj
New Delhi
Dated: 11th April, 2017

OFFICE MEMORANDUM

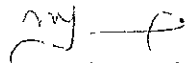
Sub:- Celebration of International Yoga Day on 21st June, 2017- reg.

21st June has been declared as the International Day of Yoga by the United Nations (UN) at the initiative of our Hon'ble Prime Minister. UN has declared International Yoga Day as the effectiveness and the benefits accruing due to Yoga have been experienced all over the world. On 11 December 2014, India's Permanent Representative Asoke Mukherji introduced the draft resolution in United Nations General Assembly (UNGA). The draft text received broad support from 177 Member States who sponsored the text, which was adopted without a vote. This initiative found support from many global leaders. A total of 177 nations co-sponsored the resolution.

Yoga helps in physical, moral, mental and spiritual development of the human beings. The benefits can be experienced only when we practice Yoga in our daily routine. Some of the benefits are as under:

1. Increases productivity, motivation and work performance.
2. Increases energy, mental alertness and clarity.
3. Improves stamina.
4. Improves job satisfaction and positive thinking patterns.
5. Improves memory, focus and concentration.
6. Reduces muscle tension and pain.
7. Improves flexibility and physical strength.
8. Improves confidence.
9. Reduces stress and anxiety.
10. Brings clearer perceptions and decision making.
11. Improves controlling emotions.
12. Develops feeling of well being and contentment.
13. Increases joy and happiness in life, etc.

It is therefore suggested to adopt Yoga in the daily routine.


(Naresh Jaiswal)
Under Secretary (GC)

To

1. All officers/ Staff of MoEFCC.

Copy to Shri Ramanand Meena, Deputy Secretary, Ministry of AYUSH, Ayush Bhawan, B-block, GPO Complex, INA, New Delhi-110023

Handwritten notes:
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NRC to upload into
in MoEF Web & etc.
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18/04/2017