

COCHIN PORT TRUST

Administrative Office
Cochin-9

No.SWOW/WI/YOGA/2020-S

Date: 18-06-2020

CIRCULAR

Sub: Observance of International Day of Yoga (IDY), 2020 on 21st June.

The Ministry of Shipping has forwarded a copy of the DO letter No. D.O. M.16011/42/2019-YN dt. 03-06-2020, issued by the Secretary, Ministry of Ayurveda, Yoga & Naturopathy, Unani, Siddha, Sowa-Rigpa and Homoeopathy (Ayush), regarding the observance of International Day of Yoga and seeking support for the promotion of activities to the observance of the International Day of Yoga (IDY), 2020 scheduled to be held on 21-06-2020.

The Ministry has stated that, in the light of the current pandemic situation in the country, the observation of Yoga (IDY-2020) may need to be re-purposed, requiring social distancing and other guidelines of the Government. Hence there is a need to encourage people to pursue Yoga from their homes, alongwith family members.

All Employees of Cochin Port Trust, CISF personnel, and their family members are requested to practice and propagate yoga with your family members at your homes on the International Day of Yoga (21.06.2020).

Vide email dt. 13-06-2020, the Ministry of Ayush, has urged all to participate in the 'My Life, My Yoga' video blogging competition- announced by Hon'ble Prime Minister. All employees may be requested to participate in the video blogging competition by uploading a short 3-minute video on employees/family members doing Yoga and submit via Mygov.in portal/mygov account. Cash Prizes totalling Rs. 1,75,000/-, has been announced for the winners.

All HoDs are requested to urge all employees to participate in the International Day of Yoga, as mentioned above and also to participate in the video blogging competition. Employees may also be requested to post their photos/video on yoga activity on 21.06.2020 in the fb and instagram pages (eportofcochin/portofcochin) of Cochin Port Trust.

Encl: (i) Email dt. 16-06-2020 from Ministry of Shipping

(ii) Email dt. 13-06-2020 from Ministry of Ayush

A handwritten signature in black ink is written over the word 'SECRETARY'. Below the signature, the date '18/6/2020' is written in black ink.

Copy to : All Heads of Departments/Dy.Commandant,CISF-CoPT
,, PS to Chairman/PS to Dy.Chairman/PA to Secretary
,, Sr.AS(PR) for website.