

## Southern Railway

No.SA/P 721/2023/Yoga Day

Divisional Office,  
Personnel Branch,  
Salem-636005  
Date: 20.06.2023

All Concerned

Sub: Celebration of International Day of Yoga on 21<sup>st</sup> June 2023 at SA & ED –reg.  
Ref: (1) Rly. Board Lr.No.E(MPP)2023/3/15 dtd 05.06.2023  
(2) PCPO/MAS Lr.no. O.P(W)/International Yoga Day/2023 dated 05.06.2023

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The Railway Board vide letter under reference (1), have advised to celebrate 21<sup>st</sup> June 2023 as International Day of Yoga to spread awareness about Yoga and its benefits among all Railway Employees.

Therefore it is proposed to conduct Yoga awareness programme for a duration of at least 45 minutes as per “Common Yoga protocol” advised by Ministry of AYUSH on 21.06.2023 (Wednesday) from 07.30 hrs onwards at new auditorium, East Railway colony, Salem & MDDTI (Mechanical) at ED, for the benefit of all Railway Employees.

All officers and supervisory officials are requested to attend the programme without fail and encourage the staff working under your control to participate the above event to avail the benefits of Yoga. The participants are advised to attend the programme on empty stomach.

Digitally Signed by  
Devikumari Ah  
Date: 20-06-2023 10:59:21  
Reason: Approved

(DEVIKUMARIA.H)  
Asst.Personnel Officer/General  
Sr. Divisional Personnel Officer/Salem

Copy to:

PS to DRM for kind information of DRM

PS to ADRM for kind information of ADRM

All Branch Officers /SA Division

Sr. DSTE/SA kindly make arrangements for PA system and LED TV in SA & ED

Sr.DEE/Elec/G/SA kindly make necessary Electrical arrangements in SA & ED

DS/SRMU, AISC/ST REA, AIOBC REA, AIRPFA/SA