



# कयर बोर्ड Coir Board

(सूक्ष्म, लघु और मध्यम उद्यम मंत्रालय, भारत सरकार)  
Ministry of MS&ME, Govt. of India)

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फाइल सं.ए-59/3/2016-प्रशा(स्था)

22.05.2017

## परिपत्र

### **विषय: तीसरा अंतरराष्ट्रीय योग दिवस 2017 मनाने से संबंधित**

कयर बोर्ड और बोर्ड के सभी उप कार्यालयों में तीसरा अंतरराष्ट्रीय योग दिवस 2017 दि. 21 जून, 2017 को उपयुक्त तरीके से मनाना है। तदनुसार एक कार्रवाई योजना बनाई गई है जिसका सख्ती से अनुपालन करने हेतु अग्रेषित की जाती है।

योग को जारी रखने और मनाने का उद्देश्य अपने समृद्ध सांस्कृतिक विरासत को आत्मसात करने और राष्ट्र निर्माण में युवा ऊर्जा को प्रभावपूर्ण दिशा देने में अनुकूल बनाना है।

योग की महत्ता को देखते हुए योग गुरु के मार्गदर्शन से योग के विभिन्न चरणों, जैसे कि, गर्दन, कंधे, ट्रंक, घुटना चलन, साँस लेने के व्यायाम, ध्यान आसन (आंख चलन) आदि पर एक योग सत्र मुख्यालय में दि. 21.06.2017 को 09.00 बजे आयोजित करने का प्रस्ताव है।

इस सन्दर्भ में यह उल्लेखनीय है कि अंतरराष्ट्रीय योग दिवस 2015 का पहला सत्र कोच्ची में दि. 21.06.2015 को और दूसरा सत्र दि. 21.06.2016 मनाया गया था। अब, तीसरा अंतरराष्ट्रीय योग दिवस 2017 मनाने का प्रस्ताव है। सभी अधिकारियों और कर्मचारियों से इस कार्यक्रम में भाग लेने हेतु अनुरोध है।

श्री. आर. गोपालकृष्ण पै, अनुभाग अधिकारी (प्रशा) को कयर बोर्ड के नोडल अधिकारी के रूप में नामित किया गया है, और वे अंतरराष्ट्रीय योग दिवस 2017 की कार्य योजना के अनुसार सभी कार्यक्रमों का समन्वयन करेंगे और कयर बोर्ड के तत्वावधान में आयोजित कार्यक्रम जैसे कि योग पर आधारित सांस्कृतिक, सामाजिक कार्यक्रम, संगोष्ठियाँ, कार्यशालाएँ और स्वास्थ्य और कल्याण घटनाओं की अनुवर्ती कार्यवाही करेंगे।

सभी उप-कार्यालयों के मुख्यों से अपने संबंधित कार्यालयों में इसी तरह के कार्यक्रम आयोजित करने और कार्रवाई रिपोर्ट, फोटोग्राफ सहित शीघ्र ही मुख्यालय को भेजने के लिए अनुरोध किया जाता है।

यह सक्षम अधिकारी के अनुमोदन से जारी किया जाता है।

**प्रशासनिक अधिकारी**

संलग्न: यथोपरि

सेवा में: (क) मुख्यालय के सभी शाखाधिकारी और अनुभाग अधिकारी  
(ख) सभी उप-कार्यालयों के मुख्य

प्रतिलिपि:

1. निदेशक (वि)
2. निदेशक (आरडीटीई), सीसीआरआई
3. संयुक्त निदेशक (यो)
4. वरिष्ठ लेखाधिकारी
5. ई-ऑफिस नोटिस बोर्ड
6. स्टॉक फाइल
7. कयर बोर्ड वेबसाइट



# कोयर बोर्ड Coir Board

(सूक्ष्म, लघु और मध्यम उद्यम मंत्रालय, भारत सरकार  
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A-59/3/ 2016-Adm(Establishment)

22.05.2017

## CIRCULAR

### **Sub: Celebration of the 3<sup>rd</sup> International Day of Yoga 2017 - reg.**

The 3<sup>rd</sup> International Day of Yoga 2017 which falls on 21 June, 2017 is to be celebrated in Coir Board and all Sub-Offices of the Board in a befitting manner. Accordingly, an Action Plan is drawn up and forwarded for strict compliance.

The idea of continuation and celebration of Yoga is with a view to imbibe its rich cultural heritage and to cultivate youthful energy to effectively channelize in Nation building.

Keeping in view the importance of Yoga, one Yoga Session is proposed to be held at Head Office on 21.06.2017 at 09.00 a.m under the guidance of a Yoga Guru to practice various stages of yoga like, neck, shoulders, trunk, knees movements, breathing exercises, meditative postures (eyes movements), etc.

In this context, it may be recalled that the first session of the International Day of Yoga 2015 was celebrated at Kochi on 21.06.2015 and second session was held on 21.06.2016. Now, the proposal is to organize celebration of the 3<sup>rd</sup> International Day of Yoga. All Officers and Staff are requested to participate in the event.

Shri R.Gopalakrishna Pai, Section Officer (Adm.) is nominated as Nodal Officer from Coir Board, who will be coordinating various activities as per Action Plan of International Yoga Day 2017 and follow up the series of cultural, social programmes based on Yoga and seminars, workshops and health & wellness events conducted under the auspices of Coir Board.

All Heads of Sub Offices are requested to organize similar events at their places and forward an ATR to this Office immediately, with photographs.

This has the approval of Competent Authority.

  
**ADMINISTRATIVE OFFICER**

Encl:a.a.

To

1. All Branch Officers and Section Officers at HQ.
2. All Heads of Sub Offices.

Copy to:1. The Director (Mktg.)

2. The Director (RDTE), CCRI
3. Joint Director(Plg.)
4. Senior Accounts Officer
5. E-Office Notice Board
6. Stock File
7. Coir Board Website

## COIR BOARD

### **Action Plan for International Yoga Day - 21.06.2017 (3<sup>rd</sup> Session)**

#### **Introduction:**

With a view to imbibe rich cultural heritage and to maintain the youthful energy among the staff and coir workers, Coir Board proposes to organize the following programmes effectively as part of Common Yoga Protocol to be performed on International Day of Yoga on 21.06.2017, to channelize the nation building.

1. All Officers and staff of Coir Board should be trained for International Day of Yoga 2017 as per Common Yoga Protocol of the Ministry of AYUSH. Participation should be voluntary basis and the Officers and Staff should be motivated to perform Mass Yoga Demonstration on 21.06.2017 under the guidance of one Trainer.
2. Similarly other programmes like Yoga classes, Yoga demonstration will be organized at National Coir Training and Design Centre, Kalavoor, Alapuzha for the benefit of the officers and staff and all trainees (male and female) of various sessions, who are imparting training on many subjects in the Campus.
3. Yoga will be inducted in to the curriculum of the trainees of the NCT&DC and conduct yoga class at least once in a week with the help of one eminent Gurus or professionals to promote Yoga among the students/ trainees/ trainers/ officers/ staff/ coir workers etc.
4. Besides, celebration of International Day of Yoga 2017 will be carried out throughout the year for which a year long calendar will be prepared. This should include lectures and demonstration of Yoga by eminent Gurus, Professionals, organizing debate, quiz, essay and drawing competition to promote Yoga through various branch offices of the Coir Board among the Officers/ staff and family members.

This is mainly aimed to reduce the stress among the officers and staff to improve productivity and to increase the work culture.

5. All trainees/coir workers throughout India should be imparted Yoga classes with the help of Regional Offices, Sub Regional Offices, Regional Extension Centre and NCT&DC along with training under skill development of the Coir Board plan scheme of Coir Vikas Yojana in VAP, MCY, EDP, SFURTI, ASPIRE, etc. with a view to sensitize them about the strengths, health benefits in promoting physical, mental and spertual health.
6. The use of Yoga mattresses and Yoga mats will be widely propagated among the trade about the advantages and effects for the practice.

7. Wide publicity will be given in all the seminars, exhibitions, trade fairs being conducted by the Coir Board about the Yoga practices and its advantages with the use of Yoga mat and Yoga mattresses.
8. Efforts will be made through CCRI and CICT to continue the R&D on product development to improve the features of Yoga mat and Yoga mattress economically and more user friendly.
9. Public awareness campaign should also be included in the plan programmes of the Coir Board by promoting Yoga coir products about the importance of hygiene, dietary habits, prevention, etc.
10. Medical camps will be arranged through recognized hospitals for staff and coir workers propagating the Yoga and AYUSH medicine to enhance their general health by raising their immunity against communicable diseases.
11. Similarly Health and Wellness events will be conducted in all Sub-Offices, CCRI, CICT, Regional Offices, and campuses of all stakeholders.
12. Seminar on critical illness will be conducted among coir workers with the assistance of Authorized Medical Centres.
13. Similarly, seminar on lifestyle diseases will also be conducted among all staff members, trainees, coir workers, stakeholders under the auspices of authorized medical practitioners/recognized hospitals.
14. Staff canteens will be served hygienic swathic foods to ensure that the body and mind are flexible and well prepared for physical activity and work.
15. Benefits of Yoga will be widely circulated among the staff and coir workers and trade through house magazine etc.
16. Shri R.Gopalakrishna Pai, Section Officer(Adm.) is nominated as Nodal Officer from Coir Board, who will be coordinating various activities as per Action Plan of International Yoga Day 2017 and follow up the series of cultural, social programmes based on Yoga and seminars, workshops, and health & wellness events conducted under the auspices of Coir Board.

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