



कर्मचारी भविष्य निधि संगठन

EMPLOYEES' PROVIDENT FUND ORGANISATION

श्रम एवं रोजगार मंत्रालय, भारत सरकार

MINISTRY OF LABOUR & EMPLOYMENT, GOVERNMENT OF INDIA

मुख्य कार्यालय/Head Office

भविष्य निधि भवन, 14, भीकाजी कामा प्लेस, नई दिल्ली-110066

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Website: www.epfindia.gov.in, www.epfindia.nic.in



No. HRM-VI/12(1)2023/YOGA /1694

Dated: 15 JUN 2023

To

All the President, RSWCs of the state/
ACC-HQ (Zones)/Director(PDNASS)/ ACC(Zone)/ ACC(ASD).

Subject: Organising Yoga Sessions in all offices of EPFO on the occasion of 9th International Day of Yoga on 21st June, 2023 - regarding.

Ref: Sports/2(81)2016-17/Yoga Classes/7560 dated 25.09.2019 [Sl. No. 300 of 2019-20]

Sir/Madam,

It has been decided to organise month-long Yoga Sessions in all offices of EPFO on the occasion of 9th International Day of Yoga on 21st June, 2023, from **20th June to 20th July 2023**. The tentative schedule program for this purpose is as under:-

Duration: Preferably 30 minutes.

Schedule: Every working day from 20th June to 20th July 2023.

Timings: Preferably before or after office hours (to be decided by the OICs/in-charge of office).

Participants: All the employees of office.

2. For conducting the session, Yoga Instructors may be engaged by ACC(Zone)/OICs/in-charge of the office as per rules. Yoga instructor will guide the participants through various yoga postures, breathing exercises, and meditation techniques suitable for all employees of different age groups. Participation in the Yoga session is voluntary, and the concerned office may encourage all the employees to take advantage of this opportunity to enhance their physical and mental well-being.

3. Necessary expenditure may be met from budget head of "Other Activities" under Staff Welfare Fund for the year 2023-24. ACC /President, RSWC of state may withdraw the amount from Admn. A/c No. 2 on need basis.

4. The detailed report including expenditure, number of participants and relevant photographs may please be sent to Head Office after the completion of Yoga Month at email id rc.hrm6.ho@epfindia.gov.in.

[This issues with the approval of CPFC/ President, CSWC].

(Uma Mandal)
ACC(HRM) & Secretary, CSWC

Copy to (through EPF website):

1. All the members of EPF CSWC & CSPB
2. All the Divisional Heads , Head Office.
3. All the Regional Offices.
4. All IAPs / ZVDs/ ZTIs & Sub-ZTIs.
5. RPFC (NDC), Dwarka – for uploading on EPF website.
6. Director (OL) - for Hindi version.


(Satya Vardhan Gautam)
RPFC-II (HRM)