

**INDIAN COUNCIL OF SOCIAL SCIENCE RESEARCH  
(Administration Division)**

F.No. 5-19/2022-23-A.

Dated: 16.06.2023


**CIRCULAR**

It is a matter of pride that ancient Indian tradition 'Yoga' has been acclaimed by whole world with vigour and enthusiasm on 21<sup>st</sup> June each year. ICSSR also celebrates International Day of Yoga every year. This year also we are celebrating 9<sup>th</sup> International Yoga Day. On the request of ICSSR, Morarji Desai National Institute of Yoga, Ministry of Ayush has deputed a yoga expert to conduct yoga programmes in ICSSR as per following details:

- |   |   |  |
|---|---|--|
| 1. Ms. Ankita Sapra<br>MDNI, Delhi<br>Date: 20 <sup>th</sup> June 2023 at 4:00 PM<br>Venue: ICSSR Conference Hall                 | - | A talk and question answer session on<br><b>"Regular Yoga Practice Creates Mental Clarity, Calmness and Relieves Chronic Stress"</b> . |
| 2. Ms. Ankita Sapra<br>MDNI, New Delhi<br>Date: 21 <sup>st</sup> June 2023 at 11:00 AM<br>Venue: Dining Hall, Chintan Guest House | - | Practical Session of various yoga asanas.  |

Those are willing to participate in practical session on 21<sup>st</sup> June 2023 are advised to wear comfortable dress and take breakfast at least two hours before the session. After practical session, a healthy breakfast will be served.

All the staff members of the ICSSR including contractual & consultants are requested to attend the talk session as well as practical session as per details above, to make the event successful.

  
(Ashish Deolia)  
Administrative Officer

Copy to:

- PS to Chairman
- PS to MS
- All Divisional Heads for circulating among their staff
- 1. Sh. Ramesh Yernagula, D (NASSDOC)
- 2. Sh. M P Madhukar, DD (IC)
- 3. Dr. S M Verma, DD (RFS & RFD)
- 4. Dr. Richa Sharma, DD (RIC)
- 5. Dr. S N Chari DD (RP)
- 6. Sh. Naresh Saini, FA&CAO I/c
- 7. Sh. Pushkar Pathak, S A with a request to upload on ICSSR website and news of yoga day celebration on social media platform
- 8. Sh. Abhinav Paliwal, Assistant Director (Pub)
- 9. Sh. Anupam Garg, SO (Admn) to make all necessary arrangements for 20<sup>th</sup> & 21<sup>st</sup> and also transportation for NASSDOC staff.
- 10. Manager Chintan Guest House for necessary arrangements for 21<sup>st</sup> June.
- 11. Office Order file
- 12. Notice Board ICSSR head office & NASSDOC