

**Aryabhata Research Institute of Observational Sciences (ARIES)**  
**(An Autonomous Institute under DST, Govt. of India)**  
**Manora Peak, Nainital-263001 (India)**

AO/Yoga Day/2018-19/378

Date: 15.06.2018

**OFFICE MEMORANDUM**

**Sub: Celebration of International Yoga Day on 21<sup>st</sup> June, 2018 – reg.**

21<sup>st</sup> June has been declared as the International Day of Yoga by the United Nations (UN) at the initiative of our Hon'ble Prime Minister.

Yoga helps in physical, moral, mental and spiritual development of the human beings. The benefits can be experienced only when we practice Yoga in our daily routine. Some of the benefits are as under:

1. Increases productivity, motivation and work performance.
2. Increases energy, mental alertness and clarity.
3. Improves stamina.
4. Improves job satisfaction and positive thinking patterns.
5. Improves memory, focus and concentration.
6. Reduces muscle tension and pain.
7. Improves flexibility and physical strength.
8. Improves confidence.
9. Reduces stress and anxiety.
10. Brings clearer perceptions and decision making.
11. Improves controlling emotions.
12. Develops feeling of well being and contentment.
13. Increases joy and happiness in life, etc.

Therefore, in order to celebrate International Yoga Day on 21<sup>st</sup> June, 2018 at ARIES, the followings may please be noted:

- (a) Yoga Day will be celebrated in guidance of Dr. Hum Chand, Sc 'E' and Shri Samaresh Bhattarjee, Er 'E'.
- (b) As per the 'Weather' condition, the venue will be at ARIES, Science Centre or ST Radar building.
- (c) Light healthy snacks will be provided.
- (d) The celebration will be inaugurated at 09:30 AM sharp by the Director, ARIES.

In this context, all are requested to kindly be present as above and celebrate the occasion accordingly and also suggested to adopt Yoga in the daily routine.

This has issued with the approval of Director, ARIES.

  
(Bharat Singh)  
Assistant Registrar

Copy to :-1. All officers/staff/fellows of ARIES.

2. All notice board & Computer Section for uploading in the ARIES website.
3. Guard file.

  
Assistant Registrar