



E-mail : bciinfo21@gmail.com
info@barcouncilofindia.org
Website : www.barcouncilofindia.org

Tel. : (91) 011-4922 5000
Fax : (91) 011-4922 5011

भारतीय विधिज्ञ परिषद् BAR COUNCIL OF INDIA

(Statutory Body Constituted under the Advocates Act, 1961)

21, Rouse Avenue Institutional Area, Near Bal Bhawan, New Delhi - 110002

BCI:D²⁹⁶⁰/2022

Date: 16.06.2022

To,

1. All The President(s)/Secretary(ies)
All the Bar Associations of the Country.
(through the Secretary of the concerned State Bar Council),
2. To Chairman & Vice Chairman
of State Bar Councils Secretary(ies),
Through
All the State Bar Councils.

Reference-Letter of Shri Kiren Rijiju, Union Minister of Law & Justice requesting all Bar Councils and Bar Associations throughout the country to organize & celebrate International Yoga day on 21st June, 2022

Sub.: An initiative of the Union Government, Ministry of Ayush, to celebrate 8th International Yoga Day on 21st June, 2022 in all State Bar Councils and all Bar Associations throughout the country adhering to common yoga protocol

Sir/s & Ma'am/s,

As we are all aware, the concept of the International Day of Yoga was first proposed by our beloved Hon'ble Prime Minister Shri Narendra Modi during his speech at the UN General Assembly (UNGA), on 27th September, 2014. The United Nations General Assembly on 11th December, 2014, announced that 21st June will be seen as International Yoga Day or World Yoga Day.

The Ministry of Ayush has chosen "Yoga for Humanity" as the theme of the 8th International Day of Yoga (IDY) to be organized in India and across the globe on 21st June, 2022.

We firmly believe practicing yoga can have a positive effect on our life as our nature of work requires long hours of physical and mental engagement. Yoga will not only help our friends from the legal fraternity deal with the

stress as a result of working long hours but will also help us be more aligned with our mind and soul.

The Hon'ble Union Minister believes that Yoga will not only deal with stress but also help in fulfilling professional aspirations and that it is a time tested way to connect the body, mind and soul for building capacity for higher human endeavor and India and the legal fraternity should showcase the physical and spiritual prowess that Yoga has brought to the world stage by celebrating International Yoga Day.

The Hon'ble Union Minister of Law and Justice Shri Kiren Rijju has specially written and requested that International Yoga Day be celebrated on 21st June, 2022, across the legal fraternity in each Bar Council and in each Bar Association.

Thus, to honor the 8th International Yoga Day and welcome such healthy practices in our lives we kindly request you to organize a Yoga Camp in your respective premises on 21st June, 2022. The event shall include early morning activities in a traditional manner adhering to the Common Yoga Protocols.

Thanks & Regards


(Srimanto Sen)
Secretary
Bar Council of India