

SOUTHERN RAILWAY

No.U/P.721/IDY-2026

Divisional Office,
Personnel Branch,
Madurai
Dt.17.06.2026

All Branch Officers/ MDU Division
All Supervisory Officials/MDU Division.

Sub : Observation of 12th International Day of Yoga (IDY) - 2026 on
21.06.2026 – reg.

Ref : PED/IR/RB letter No. E(G)2026/CL-4/1 dated 25.02.2026

With reference to the above, it is proposed to observe 12th "International Day of Yoga (IDY)" on 21st June 2026 all over Indian Railways to enhance the awareness about Yoga benefits among employees. In this connection, it is decided to organize Yoga session on 21.06.2026 at 06:30 hrs. for a duration of at least 45 minutes as per Common Yoga Protocol (CYP) as advised by Ministry of AYUSH at following stations.

Sl. No	Station	Venue / Station
1	MDU	Red Field Ground, Railway Colony/Madurai
2	TEN	Rail Kalyana Mandapam/TEN

All Branch Officers and other Officers are requested to make it convenient to attend the Yoga event at 06.30 hrs on 21.06.2026 under the leadership of Divisional Railway Manager. Staff working under your control may be directed to attend the event without fail.


17/6/26

(T.Sankaran)

Sr.Divisional Personnel Office/MDU

Copy to:

PCPO/MAS – For kind information please.

PS to DRM for kind information of DRM

PS to ADRM for kind information of ADRM

All CSWIs/SWIs – For information and necessary action.

DS/SRMU, DS/DREU, DS/AISC&STREA, DS/AIOBCREA

Notice Board, JE/IT – To upload in PB website.

DSC/MDU – kindly nominate 40 RPF Staff at MDU & 20 RPF Staff at TEN to participate in the yoga session.

Dist.Secretary/Scout & guide - Kindly Nominate 05 Scout & guide at MDU & 25 Scout & guide at TEN for participation in yoga session & Assist for Organizing the event.

SSE/C&W/MDU – Kindly Spare 60 Bed Rolls for this event

SSE/P/MDU

SSE/Tele/MDU

CHI/Colony/MDU

Kindly make necessary arrangements