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INDIAN COUNCIL OF
MEDICAL RESEARCH

NIN
NATIONAL INSTITUTE
OF NUTRITION

आई सी एम आर - राष्ट्रीय पोषण संस्थान
स्वास्थ्य अनुसंधान विभाग, स्वास्थ्य और परिवार
कल्याण मंत्रालय, भारत सरकार

ICMR - National Institute of Nutrition
Department of Health Research, Ministry of Health
and Family Welfare, Government of India

LIST OF HOLIDAYS FOR THE YEAR 2022

Sl. No.	Holidays	Date	Day
01	Makara Sankranti / Magha Bihu / Pongal	January 14	Friday
02	Republic Day	January 26	Wednesday
03	Holi	March 18	Friday
04	Mahavir Jayanthi	April 14	Thursday
05	Good Friday	April 15	Friday
06	Id-UI-Fitr*	May 03	Tuesday
07	Buddha Purnima	May 16	Monday
08	Id-UI-Zuha (Bakrid)*	July 10	Sunday
09	Muharram*	August 09	Tuesday
10	Independence Day	August 15	Monday
11	Vinayaka Chaturthi / Ganesh Chaturthi	August 31	Wednesday
12	Mahatma Gandhi's Bhirthday	October 02	Sunday
13	Dussehra	October 05	Wednesday
14	Milad-Un-Nabi or Id-e-Milad* (Birthday of Prophet Mohammed)	October 09	Sunday
15	Diwali (Deepavali)	October 24	Monday
16	Guru Nanak's Birthday	November 08	Tuesday
17	Christmas Day	December 25	Sunday

***Subject to change, depending upon the appearance of the Moon.**

In addition to the above declared holidays, employees may avail any two Restricted Holidays at his/her choice.

S. S. S. S. S.
18-11-2021
Head of Office



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LIST OF RESTRICTED HOLIDAYS FOR THE YEAR 2022

Sl. No.	Holidays	Date	Day
1	New Year's Day	January 01	Saturday
2	Guru Gobind Singh's Birthday	January 09	Sunday
3	Lohri	January 13	Thursday
4	Basant Panchami / Sri Panchami	February 05	Saturday
5	Hazarath Ali's Birthday	February 15	Tuesday
6	Guru Ravi Das's Birthday	February 16	Wednesday
7	Shivaji Jayanti	February 19	Saturday
8	Swami Dayananda Saraswati Jayanthi	February 26	Saturday
9	Maha Shivaratri	March 01	Tuesday
10	Holika Dahan	March 17	Thursday
11	Dolyatra	March 18	Friday
12	Chaitra Sukladi /Gudi Padava/ Ugadi/Cheti Chand	April 02	Saturday
13	Ram Navami	April 10	Sunday
14	Vaisakhi / Vishu / Meshadi	April 14	Thursday
15	Vaisakhadi (Bengal)/ Bahag Bihu (Assam)	April 15	Friday
16	Easter Sunday	April 17	Sunday
17	Jamai-Ul-Vida	April 29	Friday
18	Guru Rabindranath's Birthday	May 09	Monday
19	Rath Yatra	July 01	Friday
20	Raksha Bandhan	August 11	Thursday
21	Varalakshmi Vratham	August 12	Friday
22	Parsi New Year's Day / Nauraj	August 16	Tuesday
23	Janmashtami (Smarta)	August 18	Thursday
24	Onam or Thiru Onam Day	September 08	Thursday
25	Dussehra (Saptami)	October 02	Sunday
26	Dussehra (Mahashtami)	October 03	Monday
27	Dussehra (Mahanavami)	October 04	Tuesday
28	Maharishi Valmiki's Birthday	October 09	Sunday
29	Karaka Chaturthi (Karwa Chouth)	October 13	Thursday
30	Naraka Chaturdasi	October 24	Monday
31	Govardhan Puja	October 25	Tuesday
32	Bhai Duj	October 26	Wednesday
33	Pratihara Shashthi or Surya Shashthi (Chhat Puja)	October 30	Sunday
34	Guru Tej Bhahadur's Martyrdom Day	November 24	Thursday
35	Christmas Eve	December 24	Saturday
36	Guru Gobind Singh's Birthday	December 29	Thursday

Shreshmukh
18-11-2021
Head of Office