

F.No P-24-1/2020/NSS/DTE/28-894
Government of India
Ministry of Youth Affairs and Sports
Department of Youth Affairs
Directorate of National Service Scheme
12/11, Jamnagar House, New Delhi-110011

Dated: 11th June, 2020

To,
The Regional Director,
All Regional Directorates of NSS.

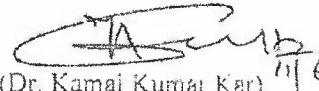
Sub: **Observation of International Day of Yoga- 2020 – Guidelines for NSS Units- reg.**

Sir/ Madam,

This year's International Day of Yoga will be observed on the theme **Yoga @Home and Yoga with family**. The details of activities are enclosed which is taken from the website of Ministry of AYUSH for your reference.

In this connection you are requested to issue necessary instructions to the field units and submit photos as well as reports to the Directorate and post the same in social media handles like Facebook, Twitter and YouTube of your office before and after the IDY is organized. Further, you are requested to periodically check the Ministry of AYUSH website (<https://www.ayush.gov.in/>) for any update in this regard.

Yours faithfully,


(Dr. Kamal Kumar Kar) 11/6/20
Assistant Programme Adviser

Enclosed: as above

Copy to:

1. Director, NSS, MoYAS, Shastri Bhavan .
2. Under Secretary, NSS Section, MoYAS, Shastri Bhavan

Guideline for NSS units in observing of International Day of Yoga-2020

IDY-2020 presents an occasion for all the NSS units in the Universities & their affiliated colleges along with all the schools to come forward and spread the message about the rewards of regular practice of yoga among NSS volunteers, students/employees/staffs. Every individual stands to gain from the regular practice of yoga through long term benefits in health, happiness and well-being. Each Student/Staff can play an important role in making IDY an effective national movement for health and wellness. Here are some suggested activities to reach out to all the NSS volunteers students/ employees/ staffs and induct them into the blissful world of yoga.

- This year's IDY will be observed around the themes Yoga @Home and Yoga with family.
- Efforts may be taken to organize Yoga related activities such as online lectures, workshops etc. by Yoga experts, starting 1 week ahead of IDY. This would help in building up enthusiasm as we draw closer to 21st June, 2020.
- The Common Yoga Protocol shall be performed individually or with family within the confines of their homes on 21st June, 2020 from 7:00 A.M. to 7:45 A.M. followed by any suitable and customized 15-minute programme on Yoga.
- Some competitions on Yoga-theme may also be organized to create interest among the students/employees.
- NSS units may arrange a live screening of Doordarshan's national telecast related to International Day of Yoga on 21st June, 2020, to foster the sense of participating in the nation-wide yoga movement.
- Banners/ Cut outs on IDY - 2020 may be displayed at vantage points
- NSS units can display Yoga Charts and standees inside their offices.
- If the NSS units are having any official newsletter, bulletin or magazine, articles and related matter about Yoga may be published
- NSS units may encourage NSS volunteers to participate in quiz and other competitions being organized by Ministry of AYUSH. They may encourage NSS volunteers to participate in the online video contest (My Life- My Yoga) conducted by CCRYN, Ministry of AYUSH and ICCR. One can find the guidelines and competition details in the yoga portal of Ministry website.
- Organize Yoga lectures, webinars on health in association with NGOs involving Yoga experts.
- It is of utmost important that the concept of Yoga@Home be highlighted in any such communication, due to COVID-19 to avoid any miscommunication/misunderstanding which may lead to the violation of leading Govt advisories on the management of the pandemic—especially mass gatherings, social distancing norms, and use of basic protective measures such as masks and sanitizers.
- NSS units may plan long term activities related to Yoga, so that the impact of IDY-related mobilization goes on well beyond 21st June, 2020.

ಸಂಖ್ಯೆ: ಡಿಟಿಇ/ಎನ್‌ಎಸ್‌ಎಸ್/01/ಐಡಿಪಿ/2019-20

ದಿನಾಂಕ: 17.06.2020

ಹಿಂಬರಹ

ರಾಜ್ಯ ಸರ್ಕಾರದ ಪತ್ರ ಸಂಖ್ಯೆ : ಯುಸೇಇ ರಾ.ಸೇಯೋ/19/2021/41 ದಿನಾಂಕ:17-06-2020
ಕೇಂದ್ರ ಸರ್ಕಾರದ ಪತ್ರ ಸಂಖ್ಯೆ F.No P-24-1/2020/NSS/DTE/878-894 Dated 11-06-2020
ಇವರ ಪತ್ರವನ್ನು ತಾಂತ್ರಿಕ ಶಿಕ್ಷಣ ನಿರ್ದೇಶನಾಲಯಕ್ಕೊಳಪಡುವ ಸರ್ಕಾರಿ, ಅನುದಾನಿತ ಹಾಗೂ ಖಾಸಗಿ
ತಾಂತ್ರಿಕ ಶಿಕ್ಷಣ ಸಂಸ್ಥೆಗಳ ಮಾಹಿತಿ ಹಾಗೂ ಮುಂದಿನ ಸೂಕ್ತ ಕ್ರಮಕ್ಕಾಗಿ ಕಳುಹಿಸಲಾಗಿದೆ.


ನಿರ್ದೇಶಕರು
ಆರ್.ಸಿ.ಇ.

ಇವರಿಗೆ :-

- 1) ತಾಂತ್ರಿಕ ಶಿಕ್ಷಣ ಇಲಾಖೆಗಳೊಳಪಡುವ ಸರ್ಕಾರಿ, ಅನುದಾನಿತ ಹಾಗೂ ಖಾಸಗಿ ತಾಂತ್ರಿಕ ಶಿಕ್ಷಣ ಸಂಸ್ಥೆಗಳ ಪ್ರಾಚಾರ್ಯರುಗಳ ಮಾಹಿತಿಗಾಗಿ ಮತ್ತು ಸೂಕ್ತ -ಕ್ರಮಕ್ಕಾಗಿ.
- 2) ಇ-ಆಡಳಿತ ವಿಭಾಗ
- 3) ಕಛೇರಿ ಕಡತ

15-6-2020
12/6/20