

From

Directorate of Higher Education, Haryana
Shiksha Sadan, Sec-5, Panchkula

To

1. University NSS Programme Coordinators
2. District NSS Programme Coordinators
3. Polytechnic Programme Coordinator

Memo No. DHE-230002/2/2023-NSS-DHE

Dated, Panchkula 09.06.2023

Subject:- Action Plan for International Day of Yoga-2023-reg.

Kindly refer to the subject cited above.


A letter no. P.29/NSS/RDD/2022-2023/49 dated 08.06.2023 received from Regional Director, Regional Directorate of NSS, New Delhi is being forwarded to you with request to give directions to all NSS units under your jurisdiction to observe International Yoga Day 2023 on 21st June by planned the following events at Unit level and University level:-

1. Yoga Day Mass demonstration at University/Colleges/Schools.
2. Yoga Awareness Rallies at Universities to generate public awareness on Yoga.
3. Yoga Demonstration & Yoga Lectures at Institution.
4. Yoga Poster making competitions.
5. Yoga Demonstration Competitions among students.
6. IDY Quiz Competitions: <https://quiz.mygov.in/quiz/international-day-of-yoga-2023-quiz-2-0/>
7. Y-Break at College/Schools and familiarize the concept of Y Break (Y-Break is a five-minutes Yoga protocol, especially designed for working professionals to distress, refresh and refocus at their workplace to increase their productivity, which consists of Asanas, Pranayam and Dhyana).
8. Yoga pledge <http://pledge.mygov.in/integrate-yoga-lifestyle/>
9. Yoga with My Family & post a photo in social Media amplify the impact of Yoga Day in social Media platform.

You are further requested to ensure registration of all the volunteers registered as Yuva on Yuva portal (<https://yuva.gov.in/yuva-register>)

A brief report along with photographs and videos of NSS volunteers performing common Yoga Protocol and Yoga Asanas be submitted to Regional Directorate of NSS on their email id i.e. nssrcdelhi@gmail.com for sharing it to the Ministry of AYUSH under intimation to this office on email id i.e. snoharyana@gmail.com and shared in various social media platforms.


Encls:- As above


Superintendent NSS
Directorate of Higher Education, Haryana,
Panchkula

Endst. No. Even

Dated, Panchkula 09.06.2023

A copy is forwarded to the Regional Director, Regional Directorate of NSS, New Delhi with reference to their letter no. P.29/NSS/RDD/2022-2023/49 dated 08.06.2023.


Superintendent NSS
Directorate of Higher Education, Haryana,
Panchkula

F.No. P.29/NSS/RDD/2022-2023/49
Government of India
Ministry of Youth Affairs & Sports
Regional Directorate of NSS
Ground Floor, Shivaji Stadium
New Delhi-110001.

Dated:- 08.06.2023

To,

The State NSS Officer,
NCT of Delhi, UT of Jammu & Kashmir, Ladakh and Haryana State.

Sub:- Action Plan for International Day of Yoga-2023- reg.

Sir/Madam,

As you are aware, that International Day of Yoga is being celebrated every year by all the NSS Units across the country. The theme of International Yoga Day 2023 is “Humanity.” Yoga Day celebrations aim to create awareness about the holistic nature of yoga and encourage people to incorporate it into their daily lives for enhanced well-being.

The International Day of Yoga 2023 will be observed by all NSS units, Universities, Colleges & Schools on 21st June in a befitting manner.

To disseminate information on International Day of Yoga, the following events are planned at NSS Units level & University level.

- Yoga Day Mass Demonstration at Universities/Colleges/Schools.
- Yoga Awareness Rallies at Universities to generate public awareness on Yoga.
- Yoga Demonstration & Yoga Lectures at Institution.
- Yoga Poster Making competitions.
- Yoga Demonstration Competition among students.
- IDY Quiz Competition : <http://quiz.mygov.in/quiz/international-day-of-yoga-2023-quiz-2-0/>
- **Y-Break at College/Schools and familiarize the concept of Y break** (Y-Break is a five-minutes Yoga protocol, especially designed for working professionals to de-stress, refresh and re-focus at their workplace to increase their productivity, which consists of Asanas, Pranayam and Dhyana).

- Yoga pledge <http://pledge.mygov.in/integrate-yoga-lifestyle/>
- Yoga with My Family & post a photo in social Media amplify the impact of Yoga Day in social Media platforms.
- The SNO and Programme Coordinators NSS, requested to ensure registration of all the Volunteers registered as Yuva on Yuva portal. (<https://yuva.gov.in/yuva-register>)

In this regard, it is requested to issue the necessary instructions to all the NSS units under your jurisdiction to adhere to the above mentioned points and submit a brief report along with the videos/ photographs of NSS Volunteers performing Common Yoga Protocol and Yoga Asanas, to our office email- nssrcdelhi@gmail.com for sharing it to Ministry of AYUSH and creation of social media buzz.

Yours faithfully,



(Jangjilong)
Regional Director

Copy to:-

1. All Programme Coordinator having NSS in NCT of Delhi, UT of Jammu & Kashmir, UT of Ladakh and Haryana State for necessary action.