



नेहरु युवा केन्द्र संगठन

NEHRU YUVA KENDRA SANGATHAN

स्वायत्तशासी संस्था
युवा कार्यक्रम एवं खेल मंत्रालय
भारत सरकार

*an Autonomous Body under the
Ministry of Youth Affairs & Sports
Government of India*



Ref. No.NYKS/ PROG: observance of day of yoga/2015/16

Dated : 26th May, 2015

From : Major General Dilawar Singh, Director General, Nehru Yuva Kendra Sangathan

To : All Zonal Directors, Nehru Yuva Kendra Sangathan

Subject : Observance of International Day of Yoga on 21st June, 2015 - regarding

NYKS earlier letters: NYKS/PROG: observance day of yoga/2014/468 dated 31st March, 2015 and NYKS/ PROG: observance of day of yoga/2015/13 dated 18th May, 2015

It is a matter of great National pride that one of our ancient established tradition in the form of Yoga has been accepted by the United Nations for International Celebration, as a result thereof, its proper projection by our Hon'ble Prime Minister, Shri Narendra Modi in the International fora.

In order to ensure that the benefits of Yoga reach every nook and corner of our country, specially the youth, who can actually benefit the most, it is essential that our organization - all Nehru Yuva Kendras across the country will voluntarily come forward to motivate youth to ensure maximum participation, in the training for Yoga (as given at the Link : www.indianmedicine.nic.in, International Day of Yoga on the website of Ministry of AYUSH) and thereafter organizing a note-worthy practice of Yoga correctly as per the Correct Protocols of Yoga on the day of its International Observance on 21st June, 2015 from 7:00 am to 7:35 am.

This activity should not be restricted to only the NYKs Youth Clubs and their members and any barriers of caste, creed, age or other categorization what so ever, so that each Kendra can truly prove itself as a catalyst not only for youth mobilization but for centres of leadership excellence throughout the country. This is one opportunity which I am confident all of you would utilize fully.

All together the District NYKs have to ensure that 2 Crore youth of NYKS should participate in the Yoga activity on 21st June, 2015 across the country. This is your chance to become part of the history of unique nature which would never come again in one's life time at such a level.

Besides this, in order to observe International Day of Yoga on 21st June, 2015 in a befitting manner, the Zonal Directors should ensure that:

- International Day of Yoga should be observed by all District NYKs at District Hqr. by inviting all the Youth Clubs Presidents/ Secretaries to participate in the training and demonstration voluntarily. For organization of the programme, an amount of Rs. 5,000/- has been earmarked under Annual Action Plan 2015-16. For this purpose, the services of NGOs and their experts, identified by M/o AYUSH may be utilized. Detailed guidelines have already been circulated vide above referred letters.
- NYKs Youth Clubs and Mahila Mandals should be motivated to organize Yoga Camps/ Demonstrations and other related activities in their villages by mobilizing local resources and Yoga experts.

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द्वितीय तल, कोर-IV, स्कोप मीनार, लक्ष्मी नगर जिला केन्द्र, विकास मार्ग, दिल्ली-110092

IIInd Floor, Core-IV, Scope Minar, Laxmi Nagar District Centre, Vikas Marg, Delhi-110092

☎ 011-22402800, 22446070 Fax: 011-22446069 email: feedback@nyks.org

Visit us at <http://www.nyks.org>

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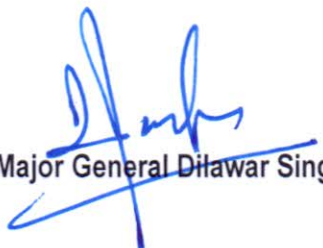
- Where ever possible, the pictures to be taken of participants pertaining yoga while wearing NYKS T- Shirts/ dress.
- The Booklet and DVD, provided by M/o AYUSH in its website may be used for necessary guidance.
- Adequate coverage both in print and electronic media should be ensured.
- As an evidence, action photographs of the activities undertaken by District NYKs and Youth Clubs and Mahila Mandals should be collected. District NYKs would prepare an Album of good action photographs of the Day Celebration in form of a CD and submit to concerned Zonal Director, who in turn will prepare CDs of the Zone and submit to **Dr. M.P. Gupta, Joint Director (Programme)** for critical analysis and preparation of final report.
- Necessary coordination may be ensured at State and District level in advance for promotion of Yoga as a way of life.

In the above context, the points which would facilitate in successful implementation of the Programme should be noted and complied with are enclosed.

A report on observance of the day and other contributions in this regard supported by a few action photographs and press clippings in PDF may be sent in enclosed Proforma through e-mail: regularprogramme@gmail.com latest by **27th June, 2015**.

Jai Hind

Encl: as above


(Major General Dilawar Singh)

CC : Secretary (Youth Affairs), MoYAS for information please.