



# नेहरु युवा केन्द्र संगठन NEHRU YUVA KENDRA SANGATHAN

स्वायत्तगामी 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/2015/20

Dated : 4<sup>th</sup> June, 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 21<sup>st</sup> June, 2015 - organising District Youth Convention and Yuva Kriti - regarding

**NYKS earlier letters:** NYKS/PROG: observance day of yoga/2014/468 dated 31<sup>st</sup> March, 2015, NYKS/PROG: observance of day of yoga/2015/13 dated 18<sup>th</sup> May, 2015 and NYKS/PROG: observance of day of yoga/2015/16 dated 26<sup>th</sup> May, 2015, NYKS/PROG: observance day of yoga/2015/17 dated 1<sup>st</sup> June, 2015 and NYKS/PROG: observance day of yoga/2015/18 dated 1<sup>st</sup> June, 2015

This has reference to the meeting held on 28<sup>th</sup> May, 2015 under the Chairmanship of **Shri Narendra Modi, Hon'ble Prime Minister of India** to review preparedness for Celebrating International Day of Yoga on 21<sup>st</sup> June, 2015. During the meeting, Hon'ble Prime Minister asked that how the NYKS is observing the International Day of Yoga on 21<sup>st</sup> June, 2015. It was explained that NYKS would celebrate the day in 623 Districts of the Country and village based NYKS Youth Clubs and Mahila Mandals are being motivated to organize the programme in their respective village across the country.

From the above, one can very well understand the extent of importance and level of expectations from NYKS. Therefore, in order to organize a function in each of 623 districts in an effective manner, it has been decided that District Youth Convention and Yuva Kriti should be dovetailed with observance of International Day of Yoga on 21<sup>st</sup> June, 2015. While organizing the programme, following actions should be looked into and complied with due seriousness:

- Each of District NYKS should ensure that mass Yoga practice/ Demonstration as per Common Yoga Protocol should be organized at **District Hqr.** on 21<sup>st</sup> June, 2015 from 7:00 a.m. to 7:35 a.m. Participation of a minimum of 500 people in general and youths in particular should be ensured.
- Video (Film) available on NYKS website should be shown during the function at district level.
- Thereafter, District Youth Convention and Yuva Kriti should be **organized strictly as per Guidelines** elaborated in Annual Action Plan 2015-16. **Rs.30,000/-** could be utilized by District NYKS for Celebration of the Day and District Youth Convention and Yuva Kriti.
- The Office Bearers/ Members of Youth Clubs and Mahila Mandals should be invited for participation. The services of NGOs and their experts, identified by M/o AYUSH should be utilized for training and demonstration as mentioned in my previous letter.
- With the help of NGOs working in the field of Yoga popularization, an exhibition on Yoga and Handicraft should be arranged at the venue. Fair opportunity should be given to Artisans to display their produces.
- It must be ensured that following areas and subjects should also be discussed as a part of the District Youth Convention and their outcome be documented:
  1. Yoga – Yoga for Harmony and Peace
    - ✓ Yoga not only develop a person's body but also the mind as well as it is key for coordination
    - ✓ Yoga and its importance and usefulness in treatment of ailments
    - Lectures by experts and discussion
  2. What schemes and programmes of New Government have reached to the youth and whether they are useful/beneficial to them?

Contd...2

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

2nd 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>

3. Today's Education System - Areas where improvement is needed and what are your suggestions.
4. Youths personal physical and sports development – Suggestions on how to develop interest among youth and benefits of Yoga in conflict management.
5. Skill development – Opinion of youth that which skill is important and which type of skill training they wish to undertake.
6. Any other subjects, the youth wish to undertake.

- In each of the above mentioned subjects, it should clearly be spelt out based on the suggestions of youth that what role youth can play in each of the above mentioned subjects.
- For **visibility of the NYK Programme**, sufficient number of Banners should be displayed on the venue of the programme. On the Banners, the Logo of International Day of Yoga - 21<sup>st</sup> June, 2015 (Yoga for Harmony and Peace) should be displayed.
- On the Home Page of NYKS website: [www.nyks.org](http://www.nyks.org), you will see a Logo of International Day of Yoga. While clicking the Logo, a new window will open where you will find a **Booklet** on Common Yoga Protocol in **Hindi and English and Video** related to International Day of Yoga.
- Design of Logo developed by M/o AYUSH is placed on NYKS website: [www.nyks.org](http://www.nyks.org), which should be used for necessary guidance and publicity along with NYKS name and Logo.
- On this page, clicking the UPLOAD PHOTOS, again a new window will open, where you can upload the Photos of District and Village level functions. While uploading the Action Photos, District Youth Coordinators have to mention in the provided column the name of place of the activity (i.e. name of village, name of district for district level activity as the case may be, where programme held).
- In addition to above, it is must be ensured that as an evidence, **action photographs** and **Press Clippings** of the activities undertaken by District NYKs and Youth Clubs and Mahila Mandals should be collected. District NYKs should prepare an **Electronic Album** of good action photographs (with captions) of the 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 my analysis and submission to higher authorities for their perusal.

It's reiterated that adequate coverage both in **print and electronic media** should be ensured. The **physical report** on observance of the International Day of Yoga on 21<sup>st</sup> June, 2015 be sent in the prescribed Proforma (sent earlier along with my letter) at e-mail: [regularprogramme@gmail.com](mailto:regularprogramme@gmail.com) latest by 5<sup>th</sup> July, 2015.

Jai Hind.

  
(Major General Dilawar Singh)

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

**Note:**

1. The content of the letter be translated in Regional Language and be sent to all District Youth Coordinators and other concerned.
2. Receipt of the same may be acknowledged and sent the feedback of the action before and after the following
3. Programme should be implemented as per the Guidelines and financial norms.