



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/NPYAD-NIC/2019-20/97

Date: 31.10.2019

From: Dr. M. P. Gupta, Director (Programme), NYKS, HQ, Delhi

To: State Director, NYKS, Arunachal Pradesh, Uttar Pradesh, Bihar, Manipur, Mizoram, Tamil Nadu, Karnataka, Jharkhand, Gujarat, Rajasthan, Nagaland, Sikkim, Punjab, Kerala, Jammu & Kashmir, Assam, Madhya Pradesh, Haryana, Delhi, Himachal Pradesh, Andhra Pradesh, Tripura and Maharashtra

Sub: Instruction for organizing National Integration Camps on the theme of "Ek Bharat Shreshtha Bharat" under NPYAD for the year 2019-20.

Madam/Sir,

Please refer to NYKS Hqtrs letter no. NYKS/NPYAD-NIC/2019-20/13 (F.No. 355) dated 08.08.2019 in which guidelines for organising National Integration Camps under NPYAD for the year 2019-20 has been sent.

In this connection, it is to inform you that the National Integration Camp will be organised on the theme of "Ek Bharat Shreshtha Bharat". The activities of Ek Bharat Shreshtha Bharat would be including while organising the National Integration Camps. The following activities to be included as mentioned below:-

- **Home Stay-** Home Stay programme (to the extent possible) for the participants of NIC with host district families would be able to bring them closer to each other's way of life, develop mutual understanding about their cultures, traditions, languages and have interactions for developing deep and lasting bonds.

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- **Shramdaan (Work Camp):-** As a part programme of EBSB, Shramdaan (Work Camp) would be undertaken by the participants of the pairing States. The objective is to inculcate sense of dignity of labour, volunteerism and generate collective response for developing/improving selected community asset.
- **Language Learning:-** Language difference can also bring togetherness and the same was evident during Language Learning. As a part of strategy; 20 Standard Sentences (such as Good Morning; what is your name, which part of India you belong etc.)
- **Culinary Festival:-** Culinary Festival; a part programme of Ek Bharat Shreshtha Bharat provided good opportunities for the participants to know about the food and eating habits of each other.
- **Screening of the Films and Documents:-** The State Specific screening of Films and Documentaries would enable participants of states to have knowledge and better understanding about each other's flora and fauna, heritage, social customs and other uniqueness.
- **Traditional Games and Sports:-** Sharing of information and knowledge about each other brings in better understanding. Organisation of area specific Local Games and sports during the camp would provide greater interactive opportunities for the participants.
- **Discussion, Declamation and Know India Quiz:-** Discussion, Declamation and Know India Quiz are important activities which would create platform for interaction, exchange of views of participants from various States and more importantly knowing various aspects of our country.
- **Cultural Festival:-** Cultural Festivals are very effective medium for exchange of distinct cultural heritage and knowing each other's cultural uniqueness.

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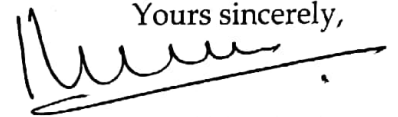
- **Costumes and Dresses Uniqueness:-** Knowing each other's costumes and dress and having sense of appreciation brings greater understanding and deeper bond.

Important instruction should be followed during the organisation of National Integration Camp:-

- National Integration Camp should be organised on the **theme of Ek Bharat Shreshtha Bharat**
- Logo of Ek Bharat Shreshtha Bharat should be included on the banners of the programmes. For ready reference the logo is enclosed as Annexure-1
- **Participants from paired States of Ek Bharat Shreshtha Bharat have to be invited as per the guidelines of Ek Bharat Shreshtha Bharat.** The list of paired states is enclosed as Annexure-2. It is reiterated that it is mandatory to invite paired states. For example when NIC is organised in Punjab State then the participants from Andhra Pradesh State have to be invited and similarly the same pattern should be followed for other paired States organising NICs.
- Activities of Ek Bharat Shreshtha Bharat as mentioned above have to be included in the NIC activities.
- Attempt should be made to organise NIC in your State which coincides with respective State's foundation Days. List of enclosed as Annexure-3.

Thanking you,

Yours sincerely,



Dr. M.P. Gupta

Director (Spl. Projects)

CC:- PS to all 3 VCs and BOG Member, NYKS
PS to DG



**List of Paired State
National Integration Camps - Ek Bharat Shreshtha Bharat**

Sl. No.	Host State	Host District	Name of Paired State
1.	Arunachal Pradesh	Bomdila	Uttar Pradesh
2.	Uttar Pradesh	Agra	Arunachal Pradesh
3.	Bihar	Gaya	Tripura & Mizoram
4.	Manipur	Ukhrul	Madhya Pradesh
5.	Mizoram	Aizwal	Bihar
6.	Tamil Nadu	Madurai	Jammu and Kashmir
7.	Karnataka	Mandya	Uttarakhand
8.	Jharkhand	Palamu	Goa
9.	Gujarat	Surat	Chhattisgarh
10.	Rajasthan	Jodhpur	Assam
11.	Nagaland	Kohima	Madhya Pradesh
12.	Sikkim	Namchi South Sikkim	Delhi
13.	Punjab	Jalandhar	Andhra Pradesh
14.	Kerala	Palakkad	Himachal Pradesh
15.	Jammu and Kashmir	Srinagar	Tamil Nadu
16.	Assam	Kamrup	Rajasthan
17.	Madhya Pradesh	Dewas	Manipur & Nagaland
18.	Haryana	Kurukshetra	Telangana
19.	Delhi	North East Delhi	Sikkim
20.	Himachal Pradesh	Una	Kerala
21.	Andhra Pradesh	Chittor	Punjab
22.	Tripura	North Tripura	Bihar
23.	Maharashtra	Nagpur	Odisha

Note:- Participants from paired states is mandatory to invite for participation in the National Integration Camp

Ek Bharat Shreshtha Bharat

List of Paired States

S.No.	Paired States/UTs	Foundation/ Formation Day	Paired States/UTs	Foundation/ Formation Day
1.	UT of Jammu & Kashmir		Tamil Nadu	14/04
2.	UT of Ladakh			
3.	Punjab	01/11	Andhra Pradesh	01/11
4.	Himachal Pradesh	15/04	Kerala	01/11
5.	Uttarakhand	09/11	Karnataka	01/11
6.	Haryana	01/01	Telangana	02/06
7.	Rajasthan	30/03	West Bengal	01/11
8.	Gujarat	01/05	Chhattisgarh	01/11
9.	Maharashtra	01/05	Odisha	01/04
10.	Goa	19/12	Jharkhand	15/11
11.	Delhi	01/11	Sikkim & Assam	16/05
12.	Madhya Pradesh	01/11	Manipur & Nagaland	21/01 01/01
13.	Uttar Pradesh	01/11	Arunachal Pradesh & Meghalaya	20/02 21/01
14.	Bihar	22/03	Tripura & Mizoram	21/01 20/02
15.	UT of Chandigarh	01/11	UT of Dadra & Nagar Haveli	11/08
16.	UT of Puducherry	01/07	UT of Daman & Diu	19/12
17.	UT of Lakshdweep	01/11	UT of Andaman & Nicobar	11/03