



Nehru Yuva Kendra Sangathan  
नेहरु युवा केन्द्र संगठन

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## 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*



Cir. NYKS/PROG:6<sup>th</sup> IDY/2020 / 18

Dated : 12<sup>th</sup> June, 2020

**From** : Dr. M.P. Gupta, Director, NYKS Hqr  
**To** : All State Directors, Nehru Yuva Kendra Sangathan  
**Subject** : **Celebration of 6<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June, 2020**

1. This has reference to the Video Conference with the officials of various Ministries/ Departments/Agencies held under the chairmanship of Secretary, Ministry of AYUSH, Govt of India on 5<sup>th</sup> June, 2020 regarding the subject mentioned above.
2. During the conference, it was informed that due to the contagious nature of COVID-19, **no mass gathering would be advisable this year**. Hence, this year the **Ministry is encouraging the people to practice Yoga at their homes, with participation from the entire family**.
3. For observance of 6<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June, 2020, all District Youth Coordinators should strictly follow the following points:

### A. General Instruction

- I. There will be no mass gathering
- II. Yoga day would be observed from home with family
- III. Yoga should be performed at Home for 45 minutes from 7:00 am as per Common Yoga Protocol.
- IV. Online sessions on Common Yoga Protocol will be streamed by Ministry of AYUSH
- V. Training may be obtained at Home with family
- VI. Youth may view Curtain Raiser function on 10<sup>th</sup> June, 2020 from 7:00 am to 9:00 am on TV
- VII. Common Service Centres at village level will conduct Yoga on 21<sup>st</sup> June, 2020

### B. Join the Platform - My Life – My Yoga video blogging competition

- a) Through the My Life – My Yoga video blogging competition, the Ministry of AYUSH and ICCR seek to *raise awareness about Yoga and to inspire people to prepare for and become active participants in the observation of IDY 2020.*
- b) To enter into the contest the participants are required to upload a **3 minutes duration video of 3 Yogic practices** (kriya, asana, pranayama, bandha or mudra), including a short video message/ description on how the said Yogic practices influenced their life.

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Visit us at <http://www.nyks.nic.in>

- c) The video may be uploaded on Facebook, Twitter or Instagram with the contest hashtag **#MyLifeMyYogaINDIA** and appropriate category hashtag.
- d) Detailed guidelines for participation can be found on the Yoga Portal of Ministry of AYUSH(<https://yoga.ayush.gov.in/yoga/>).
4. The following are available on the website of AYUSH and NYKS:
- Yoga @ Home Guidelines
  - Common Yoga Protocol
  - Videos, Circulars, Digital Resources, Posters, Message of Hon'ble Prime Minister
5. In view of the above, all District Nehru Yuva Kendras may be asked to motivate all NYVs, Members of Youth Clubs, COVID volunteers and other stake holders for the following :
- a) To practice Yoga at their homes, with participation from the entire family
  - b) To generate awareness about "My Life – My Yoga" (also called "Jeevan Yoga") Video Blogging Contest and motivate them to participate.
  - c) Concept of Yoga@Home be highlighted
  - d) Share Common Yoga Protocol, videos, Posters, Message of Hon'ble PM
  - e) **Wide publicity** through electronic and print media before and after the event.
  - f) Social Media Platform should also be used
6. Progress Report in this regard may be submitted in the given below proforma to Shri M.P. Sharma, Dy. Director (Programme), NYKS Hqr. by **22<sup>nd</sup> June, 2020 along with Photographs , Videos and Press Clippings:**

Name of the State	No. of NYKs youth participation	District motivated for youth	No. of Youth Clubs motivated youth and villagers to perform Yoga	No. of villages observed International Day of Yoga	No. of Families performed Yoga on 21.6.2020	No. of Youth COVID- warriors / Family Members/ others/ performed Yoga on 21 <sup>st</sup> June, 2020 at their homes, with the families		
						Male	Female	Total

This issues with the approval of Director General.

  
 (Dr. M.P. Gupta)

CC :

- PS to all 03 Hon'ble VCs and Members of BOG, NYKS
- PS to DG, NYKS