

**A Report  
on  
Celebration of International Day of Yoga 21<sup>st</sup> June 2015**



नेहरु युवा केन्द्र संगठन

World's Largest Youth Network

**Together  
Towards Tomorrow...**

**Nehru Yuva Kendra Sangathan**  
Ministry of Youth Affairs & Sports



## A Report on

### **Celebration of International Day of Yoga 21<sup>st</sup> June 2015 by Nehru Yuva Kendra Sangathan (NYKS) at State, District, Block and Village Levels and participation in National Capital Celebrations at Rajpath, New Delhi**

#### **Genesis**

**Hon'ble Prime Minister of India**, Shri Narendra Modi at the 69 session of **United Nations General Assembly (UNGA)** on September 27, 2014 urged the world community to adopt an International Day of Yoga. He shared with global community that "Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and nature. By changing our lifestyle and creating consciousness, it can help us to deal with climate change. Let us work towards adopting an International Yoga Day."

It's a matter of great pride and honor for all the Indians that on December 11, 2014, the United Nations General Assembly approved the proposal by consensus with a record 177 co-sponsoring countries a resolution to establish **21 June as "International Day of Yoga"**.

In its resolution, the **UNGA recognised that Yoga provides** a holistic approach to health and well-being and wider dissemination of information about the benefits of practicing Yoga for the health of the world population. Yoga also brings harmony in all walks of life and thus, is known for disease prevention, health promotion and management of many lifestyle-related disorders.

It's an **acknowledgement by the Global community of India's rich cultural heritage and ideological contributions towards Global Unity, Harmony, Peace and Development.**



## Nehru Yuva Kendra Sangathan

Nehru Yuva Kendra Sangathan (NYKS) the world's largest youth network is an autonomous body of Department of Youth Affairs, Ministry of Youth Affairs & Sports, Govt. of India. NYKS is functional in 623 districts in 29 States of the country. The core strength of NYKS is a network of village level Youth Clubs and Mahila Mandals across India. Between these Youth Clubs and district NYKs, there is trained volunteer force of National Youth Corps.

## Preparations for Celebration

Nehru Yuva Kendra Sangathan decided to celebrate International Day of Yoga on 21<sup>st</sup> June 2015 at State, District, Block and Village Level ensuring participation of people from all sections of the society in general and youths in particular. In order to observe the International Day of Yoga in an effective manner at all levels, NYKS started communications with field functionaries from the month of March, 2015. All were asked to establish necessary synergy and coordination at different levels with concerned Govt. Departments, Yoga Institutes, Agencies and NGOs which are recognized by Ministry of AYUSH and are working for promotion of Yoga and training. It was planned to secure their services for imparting yoga training to members of Youth Clubs at district and block level.

## Video Conferences

In order to share the plans, strategies of implementation, geographical coverage, types of trainings and activities, synergy and linkages to be established, information material, use of electronic and print media, etc. **two Video Conferences** with 29 States Zonal Directors and Deputy Directors were conducted on 5<sup>th</sup> and 12<sup>th</sup> June, 2015 by the Director General, NYKS and Secretary, Youth Affairs, Ministry of Youth Affairs and Sports.



## Planning & Review Meetings

A meeting for reviewing the preparations of the celebration was taken by Hon'ble Minister of State (Independent Charge), Youth Affairs & Sports, Govt. of India on 5<sup>th</sup> June, 2015 at his residence. Hon'ble Minister of State (Independent Charge), Youth Affairs and Sports visited Assam, West Bengal and Uttar Pradesh to review preparations.

Major General Dilawar Singh, Director General, NYKS visited Patna, Kolkatta, Delhi, Guwahati and Lucknow and reviewed the progress and preparations.

Similarly, the three Vice Chairpersons, NYKS also visited, coordinated and reviewed the preparations in the States of Andhra Pradesh, Telengana, Bihar, Uttar Pradesh, Chattisgarh, Madhya Pradesh and Assam.

## Press Conferences

A press conference was organized on 16<sup>th</sup> June, 2015 by NYKS Hqr. at SAI Administrative Block, Jawaharlal Nehru Stadium, New Delhi. While interacting with Media Persons, Major General Dilawar Singh, Director General, Nehru Yuva Kendra Sangathan said that NYKS is a unique organization having a very wide Youth Club Network which deserves to be given appropriate attention, motivation and skills to the youth for empowering them and make them contribute meaningfully towards nation building.

Major General Singh also informed that NYKS will observe International Day of Yoga across the country with theme "**Yoga for Harmony and Peace**". He told that Mega State Level observance of International Day of Yoga will be in few of the State Capital viz. Lucknow, Patna, Kolkata and Guwahati wherein a large number of trained youth will learn and practice Yoga. Lecturers by experts on different aspects of Yoga would be organized during the Youth Conventions at district Hqrs.

Similar, Press Conferences were also arranged at Lucknow and Patna during which detailed information was shared with Media Persons about Celebration of International Day of Yoga by NYKS on 21<sup>st</sup> June, 2015 at State, District, Block and Village level.



## Coordination and Synergy with Nodal Ministry

Meetings with Secretary and Joint Secretary, **Ministry of AYUSH** were held; the services of NGOs and their experts identified by M/o AYUSH and other organizations were coordinated and utilized across the country; **Booklets** (both Hindi and English) and DVD provided by M/o AYUSH were circulated to all NYKs Youth Clubs and Mahila Mandals and placed on NYKS website: [www.nyks.org](http://www.nyks.org), for necessary guidance; **NSS and SAI** were involved for joint mobilization of volunteers and infrastructure support. The theme for Celebration of International Day of Yoga "**Yoga for Harmony and Peace**" was widely publicized and used.

## Design of Banner and Material

In order to maintain uniformity and as recognition, all NYKs field offices, Youth Clubs and Mahila Mandals used same designs of banners, hoardings and other publicity material across the country. Both the design of banner and material were prepared well in advance by NYKS Hqrs and provided to all field offices for use. They were also placed on NYKS website.

Other publicity materials procured locally across the country were also used by field units of NYKS for awareness generation and mobilization of people in general and youths in particular for active participation in the activities organized during Celebration of International Day of Yoga 21<sup>st</sup> June 2015.

## Release of Funds

For the successful implantation of activities at State, District and Block levels, detailed Guidelines and required funds were provided to District NYKs and respective Zones well in time for organising International Day of Yoga on 21st June 2015 across India.



## PROGRAMMES AND ACTIVITIES

### 1. Block Neighbourhood Youth Parliament (10<sup>th</sup> to 19<sup>th</sup> June, 2015)

#### Objective

The objective of the programme is to create an institutional platform right up to the village level, where the youth can articulate their views on various issues and draw the attention of the local administration to such issues and concerns affecting their lives. The programme is also focused to strengthen and enhance existing network of Youth Clubs and Mahila Mandals with representation from all sections of society.

The platform was also used **motivate participants to organize Yoga Camps/ Demonstrations in their respective villages** with participation of local village trained youth by mobilizing local resources and Yoga experts.

The programmes began with one **hour session** on Yoga which encompasses lecturers on benefits of **Yoga**, demonstration of Yoga practices as per **Common Yoga Protocol**, documentary film (DVD) on **Yoga published by AYUSH**, followed by discussion. In the evening the participants under the guidance of **11,376 Yoga Experts** again practiced Yoga Asanas as per common Yoga Protocol.

Trained members of Youth Clubs and Mahila Mandals participating in the Youth Parliament were **motivated to organize Yoga Camps & demonstrations in their respective villages** with participation of local village trained youth by mobilizing local resources and Yoga experts.

For motivating NYKs Youth Clubs, District Nehru Yuva Kendras organized **4,929 Block level Neighbourhood Youth Parliaments** for which @ Rs. 12,000/- were provided. **3,95,889** (2,73,788 Male and 1,22,101 Female) **Presidents/ Secretaries of 96,126 Youth Clubs and Mahila Mandals participated** in the programmes.



## Talk on contemporary issues by Subject Experts

During these programmes, eminent Speakers delivered talk on contemporary issues like: Good Governance, Youth Participation in Govt Schemes including Prime Minister Jan Dhan Yojna, Atal Pension Yojna, Pradhan Mantri Bima Suraksha Yojna, Pradhan Mantri Jeewan Jayoti Bima Yojna, Swachh Bharat Mission, Nirmal Bharat Abhiyan, Participation in Saansad Adarsh Gram Yojana and other Flagship Schemes for the benefit of youth and masses.

### Following areas and subjects were also discussed at length during the programme:

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
2. What schemes and programmes of New Government have reached to the youth and whether they are useful /beneficial to them?
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.

**Thematic Areas and subjects** including Education, Health, Family Welfare and Nutrition, Sanitation and Cleanliness, Social Issues, Environment Conservation, Women empowerment, Rural Development, Economic Development, Skill Development and Entrepreneurship



Entrepreneurship, Volunteerism: promoting spirit of volunteerism, including undertaking *Shram Daan* on regular basis and Good Governance and Civic Education: promoting spirit of nationalism, communal harmony, universal brotherhood etc. were also discussed.

### **Broad structure of Block Level Neighbourhood Youth Parliament**

There were four sessions under this activity as follows.

#### **Session 1**

- It had **80 youth club members from 40 villages** from that particular Block at each location and marked their attendance.
- The total activity of the sessions was of **eight hours** which was primarily participatory and interactive in nature.
- In the beginning, one **hour session** on Yoga which encompassed Lecturers on benefits of **Yoga**, Demonstration of Yoga Practices as per Common Yoga Protocol, Documentary Film (DVD) on Yoga followed by discussion.

#### **Session 2**

- The speakers gave **lectures and presentations** on contemporary local issues including the problem of poverty, un-employment and issues confronting village communities and youth in particular.
- The issues revolved around the above mentioned **thematic areas**.
- However, local **contemporary issues**, as decided by the local youth leaders and experts were taken up for deliberations.





### Session 3

- In this session, the **participants deliberated** on identified issues, the speakers moderated.
- Time was devoted on **brainstorming** on issues the youth wish to address on priority.
- At the end, the minutes of the deliberations, key decisions taken and recommendations made for future course of action were converted in form of **Action Plan**. The roles and responsibilities for its implementation at the level of Youth Clubs, Youth Leaders, Government Departments, Agencies and Service Providers at various levels as well as Gram Panchayats were also included in Action Plan.
- It was handed over to the concerned Block Officials for action with the support of local administration.

### Session 4

- In the evening, the participants under the guidance of **Yoga Experts again practiced** Yoga Asanas as per common Yoga Protocol.

Youth Leaders from different clubs **were motivated to organize similar discussion/ debate** involving their club members and others. The programmes at village level were broadly structured on the pattern of 'Block Youth Parliament'. Village level Government functionaries as well as Gram Panchayat Pradhan/Members, Agnawadi workers, Asha Workers, etc. attended the programmes.



## Outcome

**4,929** Block Neighbourhood Youth Parliaments were organized across the country. **3,95,889** (2,73,788 Male and 1,22,101 Female) **Presidents/ Secretaries of 96,126 Youth Clubs and Mahila Mandals participated** in the programmes. The Governmental officials and elected public representatives attended the programmes. State wise progress report may be seen at **Annexure – 1.**

"The programme "Neighbourhood Youth Parliament" proved very instrumental as it covered the areas the Yoga; communal harmony, sense of oneness, sense of responsibility, cooperation among youth. This programme also made the youth aware regarding many programmes and schemes launched by the Central Govt. from time to time, enabling the common people to live happy and healthy and thus making the India a strong nation"

"Neighbourhood Youth Parliament (NYP) with special focus on Promoting Yoga and observation of International Yoga Day made programme more useful and effective for youth and community"

"Participating youth experienced that Yoga has no religious barrier; it is a scientifically proven method of exercise for mental and physical development. So, youth enthusiastically participated in Yoga Demonstration"

## Motivated Youth Clubs and Mahila Mandals organized Yoga Training Camps

After attending the Neighbourhood Parliaments, the members of NYK affiliated Youth Clubs and Mahila Mandals organized yoga training camps in their villages by mobilizing local resources. Interested members of Youth Clubs and Mahila Mandals and villagers participated in Yoga Demonstration organized by different departments/agencies/NGOs.



Prior to observance of International Day of Yoga on 21<sup>st</sup> June, 2015, these Youth Clubs organized different type of activities such as youth rallies, skits & Nukar Nataks, distribution of Booklet and CDs brought out by AYUSH, were organized for successful organization of mass Yoga practice and demonstration as per Common Yoga Protocol.

## 2. Mega State level events on the International Day of Yoga on 21<sup>st</sup> June 2015

Nehru Yuva Kendra Sangathan organized Mega State level events on the International Day of Yoga on 21<sup>st</sup> June 2015 at four State Capitals i.e. Lucknow, Patna, Guwahati and Kolkata, besides large functions at District, Block and Village Levels across the entire nation.

- **Learn and Practice Yoga Session** – In Mega programmes at four State Capitals, the programmes were started with an **Introductory** session from 6.40 a.m. to 7.00 a.m. It was followed by Yoga Demonstration and Practice session by **5-10 thousand youth** who were trained in Common Yoga Protocol from 7.00 a.m. to 7.35 a.m. The programme was ended with a **concluding Session** from 7.35 a.m. to 7.55 a.m.
- **Yoga Gurus Honoured** – During the programme, at four State Capitals viz. Patna, Lucknow, Kolkata and Guwahati, **670 eminent Yoga Gurus were also honoured.**
- **Youth Convention** – After above activities, 500 to 2000 youth participated in each Youth Convention Programme. During this activity, lectures by experts on different subjects including Yoga were delivered in an interactive manner. Participants were provided opportunity to interact and ask questions from the experts. This activity last for about three hours.

**State wise progress report** of the events on the International Day of Yoga on 21<sup>st</sup> June 2015 may be seen at **Annexure – 2 & 3.**



### 3. Participation in National Yoga Demonstration Programme at Rajpath, New Delhi

**1000 Youth trained** in Common Yoga Protocol drawn from NYKS affiliated youth Clubs participated in National Yoga Demonstration Programme at Rajpath, New Delhi. Besides, **9 Foreign Nationals from seven countries** were mobilized by NYKS, also participated in the celebrations.

### 4. District Level Functions and Exhibitions

Trainings on Common Yoga Protocol and preparatory activities were organized in District NYKs for successful organization of mass Yoga practice and demonstration as per **Common Yoga Protocol**. Besides, this **Exhibition on Yoga & Handicraft**, Youth Convention, Lectures by Experts on different subjects of Yoga were arranged.

During the **District Youth Convention**, following areas and subjects lectures were delivered by experts followed by question and answer session and discussion:

- What schemes and programmes of New Government have reached to the youth and whether they are useful /beneficial to them?
- Today's Education System – Areas where improvement is needed and what are your suggestions.
- Youths personal physical and sports development – Suggestions on how to develop interest among youth
- Yoga- Indian Culture and Heritage promoting 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
  - ✓ Skill development – Opinion of youth that which skill is important and which type of skill training they wish to undertake.



- Any other subjects, the youth wished 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.

**In Mizoram, Nagaland, Meghalaya,** International Day of Yoga in these states including Tripura and Assam was observed as well as jointly with the **Assam Rifles**.

**623** District NYKs observed the day in which **3,90,901** youth from **39,910** Youth Clubs and Mahila Mandals took part. **634 number of Yoga Gurus** were **honoured** during District Level Functions. State wise progress report may be seen at **Annexure – 4**.

### 5. Village Level Yoga Demonstration and other activities

To observe International Day of Yoga on 21<sup>st</sup> June, 2015, **68,568** NYKs Youth Clubs and Mahila Mandals in which **22,42,008 (15,81,092 Male and 6,60,916 Female)** youth carried out Yoga Demonstration, Skits/Nukar Nataks, talk of subject experts on Yoga and other activities in their villages by mobilizing local resources. During the Yoga Day Celebration, Gram Panchayat Pradhans, officials of Development Departments, NGOs, social organizations and local citizens attended the activities. **State wise progress report may be seen at Annexure – 5**.

### Involvement of Public Representatives and Civil Administration

**LIST AND NUMBER Hon'ble Governors, Chief Ministers, Central and State Ministers, Yoga Gurus of respective states and other dignitaries; Hon'ble MPs, MLAs, Public Representatives, DM/DCs, Gram Panchayat Pradhans, NGOs, Social organizations and local citizens attended the activities across India.**



## Upload Photographs, Press Cuttings & Video clippings

The NYKS field functionaries uploaded Action Photographs, Press Cuttings & Video clippings on honouring of Yoga Gurus, Yoga Demonstration, participants strength, Yoga Demonstration, Stage covering clearly NYKS banner, etc on NYKS Face book; NYKS (website): [www.nyks.org](http://www.nyks.org); URL of Ministry of AYUSH, at the level of NYKS, Hqs.

## Voices of Youth of India on Yoga – A Feedback

In the beginning the reaction of youth was very casual and they took it very lightly. After awareness, training and practices of yoga they come to know that yoga is necessary for healthy and disciplined life and at the same time it is wonderful experience for peace and social harmony. Now the youth are ready to adopt yoga in their daily life to fulfil the dream of Strong Youth, Strong India.

Initially most of the youth were not willing and they were reluctant, and some youth who are aware of Yoga have come up to learn and apart from this, after getting training and demonstration on Common Yoga Protocol youth have learned that it is very good for health and also easy and not expensive. They could understand that Yoga can be done by any one and anywhere. In most of the rural area youth has realized that, this could be a good activity a youth club can take up and include this in their annual plan.

Youth opined that as evident, in our country a lot of money and time is being wasted on medicines to get rid of diseases and if we adopt yoga practice in our daily life, we can save lot of money for the prosperity of our family and country. Our youth clubs leaders in the rural areas can teach the practices of yoga to our people after getting training on yoga as per the Common Yoga Protocol and other prevalent scientific methods.



The programme "Neighbourhood Youth Parliament" proved very instrumental as it covered the areas viz. Concept of Yoga; communal harmony, sense of oneness, sense of responsibility, cooperation among youth. This programme also made the youth aware regarding many programmes and schemes launched by the Govt. from time to time, enabling the common people to live happy and healthy life and thus making the India a strong nation.

In the sessions of Neighbourhood Parliament the resource persons explained about the importance of Yoga in our day to day life and demonstrated some simple practices of Yoga to the Youth gathering in this program. Youth and community Members participated in the Yoga practice classes and vowed to take up Yoga practice in their daily life.

## Reaction to Yoga

### Initial reaction

- ✓ Youth were not serious about Yoga. Youth has keen interest in games/sports. According to their views Yoga is for old persons or Doctors prescribed Yoga to their health problems patients. Games/Sports are the best way to stay healthy.
- ✓ During the first Training on Common Yoga Protocol during Neighbourhood Youth Parliament for observing International Day of Yoga on 21<sup>st</sup> June 2015, the behaviour of the youth and participants was very casual and they were saying that this is just official formality and they were not serious about it.
- ✓ Initially most of the youth were not willing and they were reluctant, and some youth who are aware of Yoga have come up to learn and apart from this, youth have expressed that this Yoga has to be done by only certain communities or other groups and it is not meant for all.



- ✓ Participants seemed eager, however, there was also sense of inquisitiveness. Some of them who had some information or prior inkling about the programme had that sense of calmness. The newcomer or the first timer had the proverbial pang of beginning. Overall, ambience was agog with excitement and with a tinge of curiosity as to what was in store.

### **After awareness, training and practice of Yoga**

- Yoga experts gave demonstration to the youth. All the participants practiced Yoga Asanas. After the session all the participants gave their reactions that now they realized that Yoga is a God Gift for all the human being who wants to live healthy.
- Yoga experts let the participants know that Yoga needs no money, no equipments. Nehru Yuva Kendra Ropar delivered booklet and CDs among the participants.
- After awareness, training and practice of Yoga with the help of Yoga Achariya Youth Club Leaders the Youth came to know that is Yoga is very necessary for healthy life, peace and social harmony. Now they become ready to adopt this Yoga practice in their daily life to fulfil the dream of strong youth, strong India, with practice of yoga.
- When the trainer performed Yoga Assans and briefed about their importance and benefits, Participant shown their keen interest in Yoga and they were impressed calmly.
- Ferdus Ahmed Laskar, Bilpar Dhumkar, Hailakandi Block said Yoga has no religious barrier; it is a scientifically proven method of exercise for mental and physical development. So, I am very much enthusiastically participated in the programme of Neighborhood Youth Parliament focusing on Yoga Training.
- It is an excellent programme. We are gaining self confidence. We never thought that this Yoga is such a valuable activity in life.
- Deb Kumar Kurmi, Secretary, Mazdur Club, Katlicherra expressed that I am very happy to participate in the Yoga exercise organized during Neighborhood Youth Parliament held on 18th June, 2015 under Katlicherra block. I express my gratitude
- NYK-Hailakandi for organizing such types of programmes under the initiative of our Hon'ble Prime Minister, Sri Narendra Modi.





- Subsequent to the awareness programme, tips on Yoga and live demonstration, the initial atmosphere of subdued silence was replaced with excitement and zeal to learn and equip with new skill of Yoga as fast as possible.
- The most positive part was the overwhelming participation from female side. Further, the heartening aspect was the zeal and eagerness to carry on with the Yoga Practice even after the completion of One Day Session.
- Mustafa Ahmed Barbhuiya, Secy. Club Sunlight shared that My Self an active members of my organization participated the Neighborhood Youth Parliament organized by NYK-Hailakandi on 17th June 2015 under Hailakandi Block. We are all belongs to Muslim Community and felt that Yoga is not only a Physical exercise but also a tonic of health & mind.

### **Reaction to NYKs initiative on Yoga**

- Nehru Yuva Kendra's initiation on Yoga is found to be very effective and this type of trainings are real useful to the society. This may be continued in future in a better manner to have more effectiveness.
- I am very thankful to NYKS for conducting Yoga programme which in my opinion would curtail medical expenditure and improvises health.
- If all youth could imbibe this everyone could save time money on medical expenditure and live peacefully. I urge NYKS to take up imparting yoga training hereinafter as a regular feature in all activities throughout the year such that for next international yoga day more number of people would join the movement" says a youth who was a walker and voluntarily enrolled for free yoga training with NYK.
- Shankar Choudhury, Hailakandi, Journalist said - I am very much thankful to Shri Narendra Modiji for high lightening the Yoga in International Forum. It is an historic event while observing 1st International Day Yoga all over the world on 21st June, 2015. I am also delighted that I am also a participant of this historic events and it is my today's resolution that from onwards I will practice Yoga every day and also to motivate my friends to practice Yoga.



- NYK has organized several good Programmes. But taking Yoga to village Level is marvellous. There should be regular follow up to this programme.
- NYK Ropar, Punjab has a network of affiliated 468 youth Clubs. NYK will give Yoga trainings to all the youth clubs. NYK spread this message through its Block level youth parliaments. Youth is very encouraged to adopt Yoga in their daily routine. NYK Ropar has completed its all arrangements to organize Distt. Level Yoga Youth Convention on dt. 21.6.2015 at village Gohlani. More than 300-400 youth will participate in this convention. NYK Ropar has prepared Skits/Nukar Nataks to promote Yoga among the people.
- Dipten Chakrabarty, Lalpani, South Hailakandi Block said, I am delighted by participating in Yoga training under NYP and felt that Yoga is very essential for present life situation where anxiety, tension prevails day to day. Yoga can give some relief from these if we practice it regularly.
- Nehru Yuva Kendra, Kathua (Jammu & Kashmir) is organizing District Level Function to observe International Day of Yoga at Sports Stadium, Kathua on 21th June, 2015 at 07.00 A.M. to 07.35 A.M. NYK has associated District Administration, Police, NCC, NSS, Scout & Guide, Govt. & Private Colleges, Education Institutions, Patanjali Yog Peeth, Art of Living, Bharama Kumaris, Arya Samaj, Lions Club, Social Organizations, NGOs, Youth Clubs and Mahila Mandals and expected 5000 persons from all walk of life shall be participate on 21th June, 2015.
- Pronoy Malakar, President, Amorjyoti Club, Janki Bazar, shared that Yoga is an ancient science of India. I am very impressed by the Yoga Exercise organized during Neighborhood Youth Parliament on 19th June, 2015 under Algapur Block. It boosts not only our healthy health but also our healthy mind.



- NYK Kathua has launched a massive publicity campaign through Posters, Banners, Press, Electronic Media, A.I.R. etc. and Deputy Commissioner, Sr. Superintendent of Police, and other social organizations are highly appreciating the efforts of NYK. Everybody is excited for 21th June, 2015.

### Reaction of Yoga Trainers

- They are happy to impart training to the youth club leader to adopt the yoga by the majority of population of our country to live a disease free life,
- Yoga Trainers were overwhelmed as they are getting a very good response from all members of the society.
- The Yoga trainers felt very happy to get an opportunity to spread the Art of Yoga among the public especially to the youth community
- It gives us immense satisfaction that the villagers got knowledge of keeping body and mind in good health from yoga during the training from the trained yoga teachers.
- We have been struggling for the due recognition over past three decades to the subject of Yoga and have been in the field of training youth, students and public voluntarily.
- Thanks to our PM Narendra Modi who transformed our dream into reality. It is a great wonderful achievement of our Prime Minister and we shot to international fame. We would be greatly indebted for our life time for declaring 21<sup>st</sup> June as International Day of Yoga” B.Ramchander, President of Telangana State Yoga Association.



- The Yoga Trainers felt Very Happy that the Government of India has taken Very Important Decision to celebrate International Day of Yoga and Hope this will be reach the rural people and will continue in Future.

**Experience, feedback, feelings and reactions of the Youth Leaders who participated in Neighbourhood Youth Parliament**

Participants showed their full satisfaction & they pledged to organize more & more Yoga sessions in their all programmes to be done during the year. All the participants promised that they will attend Distt. Level Youth Convention on Yoga on dt. 21.6.15 at Gohlani & will learn Yoga Asanas & adopt daily Yoga routine.

"Youths were of the opinion that such programmes should be repeated after every three months, so that proper co-ordination, cooperation, Leadership, Communal harmony, sense of oneness, responsibility is developed among the youths for a strong nation".

- Very good experience. Trained Yoga teacher should be deputed in every school, college and institutions
- We are getting more positive responses from the Yoga Trainers that the participants were stating that their health condition is getting improved and were asking for continuation of yoga training classes post conduct of international day of yoga also.
- Youth who got trained in Yoga and imparting training to their fellow youth club members were feeling quite proud and happy.
- Positive, responsive and inclined to take up Yoga practice as a daily routine of their life. Besides, participating youth seemed empowered by getting tips and knowledge on Flagship Programmes of Govt. of India



## **Reaction of Youth on Govt. Schemes being discussed during Neighbourhood Youth Parliament**

- About 50% of youth were aware about new Govt. flagship schemes before training
- After awareness, reaction of youth on usefulness of the Schemes
  - After awareness, the reaction of youth on usefulness of the Schemes is that it is really excellent for the development of the society in the general and the weaker sections of the society in particular.
  - The reaction was very good after getting the information on Schemes and Programme of Govt. the same is transmitted to all relevant people in the villages for participating and getting benefit out of it
  - Awareness increased amongst the youth and was made totally aware of various central government new initiatives along with the developmental activities of the state government.
  - Both state government officials and youth were feeling that the block level Neighbourhood youth parliament programme must be expanded to village level Neighbourhood youth parliament such that entire district would be covered.
- **Problems faced**

Lack of staff, Lack of NYCs, Lack of vehicle, has to start programme on a very short notice. Insufficient time, less fund for organisation of so many activities and availability of trained resource persons at different venues. Sufficient budget must be earmarked in future for international day of yoga celebrations in each district keeping in view the number of participants now which would be doubled for next year and for organizing in all the villages of the District. More such outreach programmes be organized. Bring people particularly youth on discussion forum and solicit their opinion on the feasibility of the schemes and if required, mid course correction



- **Suggestions**

To make strong block level network, block staff should be appointed. NYKS should give sufficient time to NYKs to plan and to organize programs. For the organization of this sort of programme more time should be the given to the youth club leaders, DYC and NYC Volunteers.

- ✓ NYKS Programmes should be redesigned keeping in view of the current youth interest and challenges after proper research and evaluation.
- ✓ Impart special training to staff for better performance & results and use of modern techniques and tools.
- ✓ Most of the members of Youth Clubs are unemployed and from poor background. So there should be provision of bus fair in NYKS Programme to ensure maximum number of Youth Clubs participation.
- ✓ Success of Field activities depends upon the initiatives, devotion, dedication, sincerity, efficiency of NYCs. So NYC should be properly remunerated and suitable provision for TA/ DA.
- ✓ For consistency of Youth Clubs, Mahila Mandals, some regular connectivity, activities, motivation, competition and rewards should be there.
- ✓ Review of the impact of programme from time to time and corrective action accordingly.
- ✓ Fill up the vacant posts of DYC / ACT
- ✓ Promotions and Transfer Policy should be in place.

In such programmes, quality of Resource Persons and facilitators knowledge and level of understanding of Central Govt schemes are of immense importance. Facilitators motivation level is the key that can create curiosity among participants and also bring in them durable impact and sustainability. Every programme and scheme has certain minimum gestation period before it starts showing colour and culminates into unfettered blossoming. Hope in future, we have more leverage of time.



- **General Reactions**

Maximum youth is ready to adopt Yoga in their life. They will continue Yoga and all the participants promised to attend Distt. Level Youth Convention on dt. 21.6.15.

Now there is dire need of motivation and Revamp the confidence of all functionaries of NYKS to face the new challenges in the field of youth welfare & community development.

The usefulness of the yoga programme was appreciated by all.

Dr. Poritosh Ch. Dutta, S. S. College, Hailakandi shared with participants that Yoga is an ancient tradition of our country and our Hon'ble Prime Minister has taken initiative to revive and popularize this tradition in all over the world through UN declaration. I am very happy by participating in today's International Day of Yoga programme organized by Nehru Yuva Kendra, Hailakandi and hope this process will continue.

Youth were very happy to be the part of 1<sup>st</sup> International Yoga Day celebrations and these camps have created awareness and unlighted rural and general youth on Yoga Importance. More than 80% of the participants have expressed that they have learned about Yoga in detail.

Yoga till date is considered as only Asanas i.e. exercises but after undergoing training they have started feeling different and realized that Yoga is not merely an exercise but it is related to the life of an individual and would enable him or her to learn how to live in harmony and peace in this globe and more importantly it would enable to realize one's own potentiality by understanding himself. Dhyanam and Pranayama are gaining momentum.

"Nehru Yuv Kendra 's initiation on Yoga is found to be very effective and this type of trainings are really useful to the society. This may be continued in future ".



## Major Highlights

- ✓ As a part of International Day of Yoga on 21<sup>st</sup> June 2015, nearly 31,42,696 youth from NYKs Youth Clubs and Mahila Mandals participated in different activities.
- ✓ Block level Neighbourhood Youth Parliaments were organized in 4,929 blocks of 623 districts of 29 states.
- ✓ One hour session was devoted on Yoga. Lecturers on benefits of Yoga, Demonstration of Yoga Practices as per Common Yoga Protocol, Documentary (DVD) show on Yoga followed by discussion were arranged.
- ✓ A copy of the booklet and DVD was provided to all NYKs Youth Clubs and Mahila Mandals.
- ✓ 3,95,889 Presidents and Office Bearers of NYKs Youth Clubs imparted training on contemporary issues of concern and Common Yoga Protocol
- ✓ **2,16,912** Youth Clubs and Mahila Mandals were motivated for organizing Yoga Demonstration on 21<sup>st</sup> June, 2015 as per Common Yoga Protocol and other related activities in their villages by mobilizing local resources and Yoga experts.
- ✓ 11,376 Yoga Trainers were engaged for imparting training to youth on Common Yoga Protocol
- ✓ Mega State Level events on the International Day of Yoga on 21<sup>st</sup> June 2015 were organized at Lucknow, Kolkata, Patna and Guwahati with a participation of 57,702
- ✓ 670 Yoga Gurus were honoured.
- ✓ 1000 Youth trained in Common Yoga Protocol drawn from NYKS affiliated youth Clubs participated in National Yoga Demonstration Programme at Rajpath, New Delhi.
- ✓ Nine Foreign Nationals from seven countries were mobilized by NYKS, also participated in the celebrations.
- ✓ Hon'ble Governors, Chief Ministers, Central and State Ministers, Yoga Gurus of respective states and other dignitaries; Hon'ble MPs, MLAs, Public Representatives, DM/DCs, Gram Panchayat Pradhans, NGOs, Social organizations and local citizens attended the activities.
- ✓ In **Mizoram, Nagaland, Meghalaya**, International Day of Yoga in these states including Tripura and Assam, the day was observed jointly with the **Assam Rifles**.
- ✓ For visibility of the NYK Programme, sufficient number of Banners was 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) were displayed.
- ✓ Exhibition on Yoga were arranged at the venue.
- ✓ The celebration was widely covered by both print and electronic media.
- ✓ As evidence, action photographs of the activities undertaken by District NYKs and Youth Clubs and Mahila Mandals were uploaded on website of NYKS and AYUSH.





