



Nehru Yuva Kendra Sangathan  
नेहरू युवा केन्द्र संगठन  
साथ साथ  
कल की ओर...



# नेहरू 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*



Cir. NYKS/PROG:7<sup>th</sup> IDY/2021/23

Dated : 7<sup>th</sup> June, 2021

**From** : Dr. M.P. Gupta, Director, NYKS Hqr.

**To** : All Regional Directors / State Directors, Nehru Yuva Kendra Sangathan

**Subject** : **Celebration of 7<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June, 2021- Be with Yoga, Be at Home**

1. The rewards of Yoga for disease prevention and health promotion are well known. They have acquired special significance against the backdrop of 2<sup>nd</sup> wave of COVID 19 Pandemic. The International Day of Yoga 2021 presents an occasion to **underline the health benefits of Yoga and motivate people in general and youth in particular to take up the pursuit of Yoga**. The copy of the Background Note of IDY 2021 issued by Ministry of AYUSH is **enclosed**.
2. Due to the contagious nature of COVID-19, **no mass gathering would be advisable this year**. Hence, it is advised that maximum use of digital, virtual and electronic platform be made this year.
3. The **Ministry is encouraging the people to observe IDY 2021 by doing the Common Yoga Protocol (CYP) at homes, with participation from the entire families, on 21<sup>st</sup> June, 2021**. For this, the message "**Be with Yoga, Be at Home**" should be sent out as much NYVs, Ganga Doots, Members of Disaster Risk Reduction Team, members of Youth Clubs and other stakeholders as possible.
4. Keeping in mind the current pandemic situation- lending focus predominantly on mobilization activities in the online/virtual mode, an International Day of Yoga (IDY) **Handbook ([https://yoga.ayush.gov.in/public/assets/IDY\\_ebook.pdf](https://yoga.ayush.gov.in/public/assets/IDY_ebook.pdf))** has been developed by Ministry of AYUSH. The copy of the same is also available on NYKS website. The Handbook, through the standardization of activities will help to strengthen the collaborations among people in general and youth in particular in organizing activities for IDY 2021.
5. Following **General Instruction should be** taken care of at all levels:
  - I. There will be **NO MASS GATHERING**
  - II. Spread the message about gains from the regular practice of Yoga through **Social Media Platform**
  - III. Motivate people to **attend virtual training sessions** being offered by the Morarji Desai National Institute of Yoga (MDNIY), an autonomous institute under Ministry of AYUSH. It may be widely publicized so that people may get benefit.
  - IV. Conduct online training programmes on CYP at local level, involving yoga experts, subject to COVID -19 guidelines and ensure maximum participation.

Contd..2

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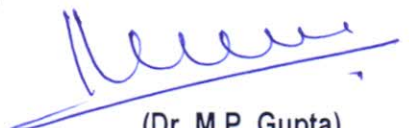
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- V. Organize online **competitions** like Quiz, Essays, etc on Yoga-theme – “**Be with Yoga, Be at Home**” to create interest among the people especially among youth.
- VI. Encourage NYKS officials, youth and people to participate in IDY on 21<sup>st</sup> June, 2021 from their homes contingent on the COVID 19 related Govt. Guidelines on the management of the pandemic, especially on *physical distancing norms and the use of basic protective measures such as masks and sanitizers, etc.*
- VII. Yoga day should be observed **from home with family**.
- VIII. Yoga be performed at Home for 45 minutes from 7:00 am as per Common Yoga Protocol.
6. The following are **available** on the website of AYUSH and NYKS:
- Yoga @ Home Guidelines
  - Common Yoga Protocol
  - Videos, Circulars, Digital Resources, Posters, etc.
7. In view of the above, all District Nehru Yuva Kendras may be asked to motivate maximum number of NYVs, Ganga Doots, Members of Disaster Risk Reduction Team, COVID volunteers, members of Youth Clubs and other stakeholders for the following :
- a) To practice Yoga at their homes, with participation from the entire family
  - b) Concept of “**Be with Yoga, Be at Home**” be highlighted
  - c) Share Common Yoga Protocol, videos, Posters, etc. available on NYKS and AYUSH website
  - d) Wide publicity through electronic and print media, before and after the event.
  - e) Social Media Platform should also be used
8. **Preliminary Progress Report** in this regard may be submitted in the given below proforma to Shri M.P. Sharma, Joint Director (Programme), NYKS Hqr.: [mpsharmanyks@yahoo.co.in](mailto:mpsharmanyks@yahoo.co.in) on **21<sup>st</sup> June, 2021, 03:00 PM** and **Final Report on 22<sup>nd</sup> June, 2021** *alongwith good activities photographs, e-posters, videos and press clippings:*

Name of the State	No. of District NYKs motivated youth for participation	No. of Youth Clubs motivated	No. of Families performed Yoga on 21.6.2021	No. of Youth / others motivated for Practice Yoga at their homes, with participation from the entire family on 21.6.2021		
				Male	Female	Total

This issues with the approval of Director General.

  
(Dr. M.P. Gupta)

Encl: as above

CC :

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