Ref. No. NYKS/PRC/AB/observance of day of yoga/2015

Dated : 6th 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 21st June, 2015 - organizing District Youth Convention and Yuva Kriti - regarding


This has reference to the meeting held on 26th May, 2015 under the Chairmanship of Shri Narendra Modi, Honourable Prime Minister of India to review preparedness for Celebrating International Day of Yoga on 21st June, 2015. During the meeting, Honourable Prime Minister asked the Ministry of Youth Affairs & Sports to ensure that the NYKS are observing the International Day of Yoga on 21st June, 2015. It was explained that NYKS would celebrate the day in all districts of the country and village based NYKS Youth Clubs and Mahila Mandal 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 these districts in an effective manner, it has been decided that District Youth Convention and Yuva Kriti should be observed with observance of International Day of Yoga on 21st June, 2015. While organizing the programme, following actions should be kept into account:

- Each of District NYKS should ensure that mass Yoga practice Demonstration as per Common Yoga Protocol should be organized at District Hq. on 21st 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.
- Therefore, District Youth Convention and Yuva Kriti should be organized strictly as per Guidelines elaborated in Annual Action Plan 2015-16. Rs. 10,000/- 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 Mandal should be invited for participation. The services of NGOs and their experts, identified by Ministry of AYUSH should be utilized for arranging the programme as mentioned in my previous letter.
- With the help of NGOs working in the field of Yoga, a demonstration on Yoga and Handicraft should be arranged at the venue. Fair opportunity should be given to NGOs to display their products.
- It must be ensured that all the 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 develops 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
3. Today's Education System - Areas where improvement is needed and what are your suggestions.
4. Youth's 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 subject, the youth wish to undertake.

- In each of the above-mentioned subjects, it should clearly be cooks 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 - 21st June 2015 (Yoga for Harmony and Peace) should be displayed.
- On the Home Page of NYK's website: 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 Connect Yoga Protocol in Hindi and English and Video related to International Day of Yoga.
- Design of logo developed by Ms. Ayush is placed on NYK's website: www.nyks.org, which should be used for necessary guidance and publicity along with NYK's 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 most be ensured that as an evidence, action photographs and Press Clippings of the activities undertaken by District NYKs and Youth Clubs and Mauliks Mandals should be collected. District NYKs should prepare an Electronic Album of good action photographs (with caption) 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 21st June, 2015 be sent in the prescribed Proforma (sent earlier along with my letter) at e-mail: nyknprocgramme@nic.in latest by 30th 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. Recap 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.