

भारत सरकार

युवा कार्यक्रम एवं खेल मंत्रालय

राष्ट्रीय सेवा योजना क्षेत्रीय निर्देशालय

३, चर्च लेन, कोलकाता - ७०० ००९

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Government of India

Ministry of Youth Affairs & Sports

Regional Directorate of NSS

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F.NO-P-46-1/NSS/RD/KOL/2023-2024/ 1771-1857

Date: 15<sup>th</sup> June, 2023

To

The NSS Programme Coordinator,  
All Universities/Institutions/+2 Council,  
West Bengal.

**Sub- Celebration of International Day of Yoga on 21.06.2023 – Reg.**

Madam / Sir,

On the auspicious occasion of Azaadi Ka Amrut Mahotsav, Government of India has decided to celebrate the International Day of Yoga 2023 with great zeal and gaiety across the country. International Day of Yoga (IDY-2023) presents an occasion for all the NSS units in the Universities & their affiliated colleges along with all the schools to come forward and spread the message about the rewards of regular practice of yoga among NSS volunteers/other students/youths. Every individual stand to gain from the regular practice of yoga through long term benefits in health, happiness and wellbeing. Each Student/Youth can play an important role in making IDY an effective national movement for health and wellness. The theme for this year's IDY is #Humanity.

With the objective of sensitization, mobilization and popularization of Yoga and to make Yoga an integral part of citizen's life style the following activities should be organized as a part of celebration of IDY-2023 on 21<sup>st</sup> June, 2023 to reach out to all the NSS volunteers/other students/youths and induct them into the blissful world of yoga.

- Yoga Day Mass Demonstration at Universities/Colleges/Schools.
- Yoga Awareness Rallies at Universities to generate public awareness on Yoga. Rallies will be organised in all the major localities by the NSS volunteers to make the people aware about the benefits of Yog-Asanas and to motivate for living a healthy.
- Efforts may be taken to organize Workshop, seminars on importance of Yoga by national level experts. Yoga Demonstration & Yoga Lectures at Institution.
- Poster Making, Slogan Writing, Competitions on Yoga, Cultural Performances on the Importance of Yoga.
- Yoga Demonstration Competition among students.
- IDY Quiz Competition : <http://quiz.mygov.in/quiz/international-day-of-yoga-2023-quiz-2-0/>
- Y-Break at College/Schools and familiarize the concept of Y break (Y-Break is a five-minutes Yoga protocol, especially designed for working professionals to de-stress, refresh and re-focus at their workplace to increase their productivity, consists of Asanas, Pranayam and Dhyana).
- Yoga pledge <http://pledge.mygov.in/integrate-yoga-lifestyle/>
- Online webinar on Yoga, panel discussion on importance of Yoga in today's era

In this connection, all the NSS Programme Officers are requested to give ample attention on Social Media campaign to mobilize the IDY-2023 by the following activities-

- Yoga with My Family & post a photo in social Media amplify the impact of yoga Day in social Media platforms.
- Updates of IYD 2023 from NSS India, YAS Ministry, RD NSS West Bengal will be shared from all handles / accounts of NSS Units
- Videos of practice of Common Yoga Protocol will be uploaded regularly and to send this Office through Email/WhatsApp.
- Special emphasis will be given to the girl volunteers to participate in Yoga Practice.

You are therefore requested to circulate the message to all the NSS units under your jurisdiction to observe the International Day of Yoga 2023 in a befitting manner & send photos and videos of the Programme including 100 days long preparation to this office through email/WhatsApp. A brief report also be sent to this office after the completion of the IDY 2023.

Yours faithfully,



(Vinay Kumar)  
Regional Director

**Copy to:**

- 1. All the Vice Chancellor/The Director/The President** of all the University/+2 Council for kind information and necessary action.
- 2. The Director (NSS)**, Ministry of Youth Affairs & Sports, Govt. of India, Shivaji Stadium, New Delhi- 110001.
- 3. The State NSS Officer**, Dept. of Higher Education, Govt. of West Bengal, Bikash Bhavan, Salt Lake – 7000091 for kind information and necessary action
- 4. The District Nodal Officers** of West Bengal of all District to maximize the participation of NSS volunteers and to send the photos/videos of Yoga practice on a daily basis.