

Celebration of International Day of Yoga on 21st June 2016 at State, District, Block and Village Levels across India

Nehru Yuva Kendra Sangathan observed International Day of Yoga on 21st June, 2016 at State, District, Block and Village Levels across India in a befitting manner. For this purpose, a Video Conference with 29 States Zonal Directors and Deputy Directors was conducted by the DG, NYKS and Secretary, Youth Affairs. Director General, NYKS visited and reviewed the progress and preparations at Jammu and Punjab.

The services of NGOs and their experts, identified by M/o AYUSH and other organizations were utilized. The Booklet (both Hindi and English) and DVD provided by M/o AYUSH were circulated to all NYKs Youth Clubs and Yuvati Mandals and placed on NYKS website: www.nyks.org, for necessary guidance. NSS, NCC, Bharat Scouts & Guides, Hindustan Scouts & Guides and SAI were coordinated for joint mobilization of volunteers and infrastructure support.

The activities organized at various levels were widely covered by print and electronic media. Action photographs were placed on NYKS Face book and URL of Ministry of AYUSH.

a) State Level Functions

Nehru Yuva Kendra Sangathan organized State level events on the International Day of Yoga on 21st June 2016 at 17 State Capitals i.e. Jammu (Jammu & Kashmir), Lucknow & Varanasi (Uttar Pradesh), Hoshiarpur (Punjab), Bangalore (Karnataka), Imphal (Manipur), Vijayawada (Andhra Pradesh), Bhubneshwar (Odisha), Shimla (Himachal Pradesh), Vadodara (Gujarat), Kohima (Nagaland), Aizwal (Mizoram), Agartala (Tripura), Gangtok (Sikkim), Ernakulam (Kerala) and Jaipur (Rajasthan) besides large functions at District, Block and Village Levels across the entire nation. In **Mega programs, 55,705** trained youth demonstrated Yoga as per Common Yoga Protocol.

During the program at State Capitals eminent 50 Yoga Gurus were honored. 03 Hon'ble Governors, 08 Central Ministers, Hon'ble MPs, MLAs, Mayors and other dignitaries attended these programmes.

b) District Level Functions and Exhibitions

Trainings on Common Yoga Protocol and preparatory activities were organized in 381 District NYKs for successful organization of mass Yoga practice and demonstration as per Common Yoga Protocol. District NYKs organized mass Yoga Demonstration as per Common Yoga Protocol. Besides this, Exhibition on Yoga, Youth Convention, Lectures by Experts on different subjects of Yoga were arranged in which **2,21,811** members of Youth Clubs took part.

During **District Youth Conventions**, subject experts delivered lectures on the topics like: what schemes and programmes of New Government have reached to the youth and whether they are useful /beneficial to them, Youth personal physical and sports development, Yoga- Indian Culture and Heritage (Yoga not only develop a person's body but also the mind as well as it is key for coordination and Yoga and its importance and usefulness in treatment of ailments) and other issues of youths' concern.

Hon'ble Central and State Govt. Ministers, MPs, MLAs, Public Representatives, DM/DCs and other Dignitaries attended the activities.

c) Village Level Functions

Nearly 40,903 NYKs Youth Clubs carried out Mass Yoga Demonstration, Honouring of Yoga Experts, talk by 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. During this activities, **9,75,040** youth took part.

d) Block Neighbourhood Youth Parliament - 10th to 19th June, 2016

For motivating NYKs Youth Clubs, District Nehru Yuva Kendras organized **3,879 Block level Neighbourhood Youth Parliaments** for which @ Rs. 12,000/- were provided. **3,39,887 members of Youth Clubs and Yuvati Mandals participated** in the programmes. One hour session was devoted on Yoga and Training. During these programmes, lecturers on benefits of Yoga, Demonstration of Yoga Practices as per Common Yoga Protocol, Documentary (DVD) show on Yoga followed by discussion were conducted.

Trained members of Youth Clubs participating in the Parliaments were motivated to organize Yoga Camps/ Demonstrations in their villages by mobilizing local resources and Yoga experts.

The purpose for organization of Neighbourhood Youth Parliament was to educate the members of Youth Clubs about contemporary socio-economic development issues confronting local communities in general and the youth in particular and to involve them in debate/ discussions on such issues.

During these programmes, eminent Speakers delivered talk on contemporary issues like: Good Governance, Youth Participation in Govt Schemes including Prime Minister Jan Dhan Yojna, Swach Bharat Mission, Construction of Toilets, etc.

Youth Leaders from different clubs were motivated that after return to their respective areas, they will arrange similar discussion/ debate involving their club members. These Programmes were broadly structured on the pattern of 'Block Youth Parliament'.

After each Programme, the recommendations were drawn up and the same were submitted to concerned Government functionaries as well as the Gram Panchayat for their consideration.