

Ref No.: NYKS/ PROG: observance of day of yoga/2022/23

Dated: 2nd May, 2022

From : Apoorva Shinde, Director (Prog.), NYKS

To : All State Directors, Nehru Yuva Kendra Sangathan

Subject: Organization of Countdown Yoga Programme for International Yoga Day 2022 regarding.

Sir/Madam,

This is with reference to the e-mail communication received from the Department of Youth Affairs regarding allotment of **14th May** and **20th June** to Ministry of Youth Affairs for the conduct of Yoga Activities as part of 100 Days' Countdown to IYD 2021. Also, attention is invited to a letter issued from this office dated 30th March 2022 whereby detailed guidelines on Celebration of 8th International Yoga Day on June 21, 2022 was conveyed.

As per the above referred Communication, NYKS is required to undertake the **Countdown Yoga Program for International Yoga Day-2022** on the allotted dates, i.e. **14th May 2022 and 20th June 2022** from the following suggestive activities:

1. Practice of the Common Yoga Protocol practice.
2. Yoga Break (Y-Break) practice.
3. Lectures on Yoga by Experts.
4. Yoga Workshops.
5. Yoga Demonstration.
6. Yoga related competitions.
7. Any other related promotional activities.

In this context, the State Directors may ensure that the following guidelines are complied with:

1. All SDs may immediately convene a meeting of all DDs and DYO under their jurisdiction and chalk out a plan for the implementation of the proposed activities on 14th May on priority basis.
2. All the District NYKs may be advised to Organize a lecture/Seminar on Yoga by experts with the participation of DDs/DYOs, NYVs, Yoga Volunteers and Youth Clubs on 14th May and 20th June.
3. The DDs/DYOs may be directed to instruct all NYVs, Yoga Volunteers and interested Youth Club members to practice Common Yoga Protocol on 14th May & 20th June and motivate others to join on yoga demonstrations at the grass-root level.

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[Handwritten Signature]
2/5/22

4. The DDs/DYO's may seek the support and participation of Yoga Organizations active in the districts to organize programs on the designated dates.
5. Knowledge Competitions may be organized by the district NYK through Youth Clubs/Partner Organizations on voluntary basis.
6. The DDs/DYO's concerned may organize any other innovative Yoga promotional activities on the designated dates as per local situation.
7. All SDs may review the progress of plans for May 14th and monitor the implementation of the same so as to ensure the successful conduct of the same.
8. NYVs/Yoga Volunteers may be motivated to perform Yoga at Scenic locations/ Heritage/tourist spots nearby and share the photos of the same in the official social media handles.
9. Wide publicity to the events through Print, Radio, Television, Electronic and Social Media channels needs to be ensured for the programs conducted on the said dates.
10. These proposed countdown program on Yoga are voluntary in nature and therefore DDs and DYO's shall strive to organize their activities through coordination and by mobilizing local resources.
11. District NYKs may choose to organize Countdown Program from the given suggestive list of 7 activities as per their convenience and feasibility.
12. A google sheet link will be shared subsequently for updating the district wise plan for Countdown activities for IYD 2022 -14th May & 20th June. All SDs may ensure that the same is updated by 1 PM 4th May, 2022.

The State Directors may share the above information with DDs and DYO's under their jurisdiction for encouraging and motivating maximum youth to participate in the 100 Day Countdown activities for IYD-2022. The State Directors, in consultation with DDs/DYO's, may ensure that the Reporting Proforma (**Annexure-1**) and photographs of the activities are submitted to **Shri Prabhat Kumar, Joint Director, NYKS** at coreprogrammenyks@gmail.com before 5 PM, 14th May 2022.

With best wishes,


Apoorva Shinde
Director (Prog.)

CC to:

- PS to DG
- All RDs for Information & follow-up please.