



Anmol Arora &lt;tecniawebsite@tecnia.in&gt;

## Fwd: Action Plan of International Day of Yoga 2022- reg

2 messages

Nss Tecnia &lt;nss@tecnia.in&gt;

Mon, Apr 11, 2022 at 12:02 PM

To: singh.inderpreet05@gmail.com, Ruchi Srivastava &lt;tiasevent@rediffmail.com&gt;

Cc: Directortias &lt;directortias@tecnia.in&gt;, Anmol Arora &lt;tecniawebsite@tecnia.in&gt;

Dear Inderpreet Singh- Incharge Fit India

FYI and further necessary action.

----- Forwarded message -----

From: **GGSIU NSS Cell** <nsscell@ipu.ac.in>

Date: Mon, Apr 11, 2022 at 11:36 AM

Subject: Fwd: Action Plan of International Day of Yoga 2022- reg

To: Trina Som <trina.som@adgitmdelhi.ac.in>, Ms. Dr. Saloni Goel PO AIE <nssaie2020@gmail.com>, Ms. Dr. Saloni Goel PO AIE <aiesalonig@gmail.com>, <registrar@aimt.ac.in>, <directorrehab@tecnia.in>, Director BCIPS <director@bcips.ac.in>, Dr. Jayant Sanyal BCIPS <jayant@bcips.ac.in>, Ms. Garima Bali BLMCE <garima.bali@blmce.ac.in>, Dr. Arunima Mishra <arunimamishra@bptindia.com>, Dr. Karsingh BSAMC <bsamchdelhi@gmail.com>, Dr. Anil kumar <anilcollegemail@gmail.com>, Dr. Vaidya Riju Agarwal CBPACS <rijuagarwal@gmail.com>, CPJ College, Narela, Delhi <cpj.chs@gmail.com>, Gagan Bhayana PO CPJ <gagan.bhayana@cpj.edu.in>, Sakshi Anand <sakshi@dias.ac.in>, Dr. Smita Gupta DME <s.gupta@dme.ac.in>, Mr. Vinod Kumar PO DSPSR <vinodkumar@dpspr.in>, <guptamohit\_11@yahoo.com>, Ms. Renu PO FIMT <fimtss@gmail.com>, Prof. S Chaturvedi principal GBIS <gibs@gitarattan.edu.in>, Dr. Charu Sethi GNCE <gncedelhi@yahoo.com>, Mr. H.R. Meena GNDIT <meenahemraj1970@gmail.com>, Kalpana Singh <kalpanasankalp@gmail.com>, Brajesh Singh <brajeshsingh.dce@gmail.com>, Ms. Nahid Raees IVS <nahidraees719@gmail.com>, Dr. Manjula Shastri <hodbcom.kj@jagannath.org>, Dr. Rashmi Bhatia JIMS <hodbba.kj@jagannath.org>, Ms. Bhawna Galhotra JIMS, Rohini <bhawna.jims@gmail.com>, Ms. Bhawna Galhotra JIMS, Rohini <bhawna.galhotra@jimsindia.org>, Hakimuddin Khan JIMS VK Khan <hakimuddin.khan@jagannath.org>, Dr. Ravinder Nath Ji JIMSMETC <ravinderece.gn@jagannath.org>, Prof. Bhavna Agarwal <director@kccilhe.edu.in>, Mr. Rebhava Raj Raghuvanshi KIHEAT <kamalinstiutehighereducation@gmail.com>, Dr. K. K. Garg Principal LLDIMS(Ligaya) LLDIMS <director.ldims@gmail.com>, Dr. Karunapati Tripathi MAIT <karunapati@gmail.com>, <neelam\_sr@yahoo.com>, Dr. Vandana Singh MDNIY <mdniy@yahoo.co.in>, Dr. Vandana Singh MDNIY <vandana.singh.50@gmail.com>, Ms. Deepshikha Kalra MERI <deepshikha017@gmail.com>, Dr. Vivek Solanki MSI <drviveksolanki@gmail.com>, Dr. Vivek Solanki MSI <viveksolanki@msi-ggsip.org>, Dr. Savita Ahlawat MSIT <savita.ahlawat@gmail.com>, Dr. Shubham Agarwal NDIM <shubhamagarwal@ndimdelhi.in>, Dr. Diwaker Jha <cmndmchrh@gmail.com>, <pmccdelhi@gmail.com>, ABHA KANSAL <abhasiwal@gmail.com>, <nss@tecnia.in>, <vaishaliprasad89@gmail.com>, Dr. Deepali Saluja TIPS <deepalialaluja@rediffmail.com>, Aparna Chaturvedi <chaturvedi.aparna.tirwa@gmail.com>, Shilpa Khatri Babbar VIPS <shilpa.khatri.babbar@vips.edu>, Renu Vashisht <renu.vashisht@vips.edu>, <drnavneetkaur@sgtbimit.com>, <amanpreetkaur@sgtbimit.com>, st lawrence <slcg@stlawrence.in>, Dr. B.K. Pal, SCERT <delhibedscert@gmail.com>, Dr. Praveen Kumar CMLT HINDU RAO <hodpathhrh@gmail.com>, Dr. Maitri Sawarn MERI <maitri.sawarn@gmail.com>, <nsskiheat@gmail.com>  
Cc: <varunj63@gmail.com>, Dr. Rajesh Kumar <rajeshkumar@ipu.ac.in>, Dr. Durgesh Dr. Durgesh Tripathi <drdurgeshtripathi@ipu.ac.in>

Dear Sir/Madam,

Kindly find below mail and attachment of the Action Plan of International Day of Yoga, 2022 and act accordingly.

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Mail sent by

**Deepak S. Chauhan (Jr. Asstt.)**

9968272584(M)

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**Thanks&Regards,****Prof. Varun Joshi**

NSS Program Coordinator,

Professor, USEM

A-002, A-Block, GGSIP University Main Campus

Sector - 16C, Dwarka, New Delhi-110078

Contact Details:

011-25302369 (Direct Landline)

9971122817 (M)

----- Forwarded message -----

From: **NSSRC\_DELHI** <nssrcdelhi@gmail.com>

Date: Sun, Apr 10, 2022 at 11:52 AM

Subject: Fwd: Action Plan of International Day of Yoga 2022- reg

To: delhiddenss <delhiddenss@gmail.com>, <nirmala.rani@gmail.com>, Kapender Singh <snoharyana@gmail.com>, Bhagat Singh <bsdahiya@gmail.com>, dir.he.jk <Dir.he.jk@gmail.com>, directorhredu <directorhredu@gmail.com>, nssuniversityofdelhi2012 <nssuniversityofdelhi2012@gmail.com>, Parminder Sehgal <Parmindersehgal3@gmail.com>, khursheed ahmad Ansari <kaansari@jamiyahamdard.ac.in>, <vsiddiqui@jmi.ac.in>, <manuradha@jnu.ac.in>, NSS JNU Coordinator <nssjnu@jnu.ac.in>, anilgoswami55 <Anilgoswami55@hotmail.com>, Dr. Prem Sikarwar <Premsikarwar23@gmail.com>, premsingh <premsingh@slbsrv.ac.in>, <Samrat.mukhopadhyay@textile.iitd.ac.in>, nssincharge <nssincharge@iitd.ac.in>, samrat <samrat@textile.iitd.ernet.in>, <samrat@textile.iitd.ac.in>, Prof. BVR Reddy <nsscell@ipu.ac.in>, Coordinator NSS CELL <nsscell@nsut.ac.in>, Ku Nss <kunss1969@gmail.com>, rana.kuk <rana.kuk@gmail.com>, nsscoordinatormdu10 <nsscoordinatormdu10@gmail.com>, <ranbirgulia2016@gmail.com>, Indira Gandhi University Rewari

<nssigu@gmail.com>, <nss@jgu.ac.in>, NSS CDLU <nss@cdu.ac.in>, I am dev <artigaur2009@gmail.com>, bhankhar <bhankhar@gmail.com>, nssgju <nssgju@gmail.com>, Sushma Nss <nsscoordinatorbpsmvkk@gmail.com>, <nsscellbpsmv@gmail.com>, NSS COORDINATOR <nsscoordinator@cblu.ac.in>, nss <nss@crsu.ac.in>, <dsw@hau.ac.in>, dswhauhisar <dswhauhisar@gmail.com>, NSS Coordinator <nsscoordinator@dcrustm.org>, Dr. Dinesh Chahal <dineshchahal@cu.ac.in>, vc <vc@ymcaust.ac.in>, Pradeep Dimri <pkdimri@yahoo.com>, bcmanju10 <bcmanju10@rediffmail.com>, registrar.uhsr <registrar.uhsr@gmail.com>, <dsw.supva@gmail.com>, <nakul.singh@svsu.ac.in>, National Service Scheme <nss@svsu.ac.in>, tarundhull <tarundhull@gmail.com>, Registrar DBRANLU <registrar@dbranlu.ac.in>, <deanmhu.hry@gmail.com>, Karan Aggarwal <karan.170987@gmail.com>, Dr. Manjeet Kumar <manjeetkumarmdu@gmail.com>, <mparvezalig@rediffmail.com>, <info@lingayasuniversity.edu.in>, Chandra Mohan <chandra.mohan@krmangalam.edu.in>, <registrar@starexuniversity.com>, SUBHASH SINHMAR <subhashsinhmar sociology@gmail.com>, Rahul Porwal <rahul.porwal@iilm.edu>, <registrar@srmuniversity.ac.in>, <registrar@jgu.edu.in>, <drysridharbabu@gmail.com>, Dr. Yarramaneni Sridharbabu <yarramaneni.sridharbabu@bmu.edu.in>, Dean Student Welfare <dsw@gdgu.org>, <hindilec@gmail.com>, anand sharma <anandbhardwaj72@gmail.com>, <sanjeevsaini9632@gmail.com>, <dnohisar@gmail.com>, Mannu Duhan <narenduhan7@gmail.com>, Hansveer Redhu <hansveerredhu@rediffmail.com>, <dhullanilkumar52@gmail.com>, <ramchritmanas@yahoo.com>, <harishshauhanlecturer@gmail.com>, <1257vijay@gmail.com>, <kumar.dev1785@gmail.com>, <anujgarg01@gmail.com>, <rawat.ms66@gmail.com>, <roopkishor15071970@gmail.com>, <chekarwasra@gmail.com>, <nksaroha13@gmail.com>, <glsharmag@gmail.com>, vijender singh <v.jashetdm1976@gmail.com>, <sumalik2205@gmail.com>, <sanjayaim22@gmail.com>, <dr.arvindwivedi@gmail.com>, <Singhviru79@gmail.com>, <Ashrafmewati99@gmail.com>, <jointdirector.dev1@gmail.com>, <asenggdte@gmail.com>, <jdengg.dte@techeduhry.gov.in>, <ddacd.dte@techeduhry.gov.in>, nssofficejammu <nssofficejammu@gmail.com>, Musavir Salaam <ahmed.musavir@gmail.com>, musavir <musavir@uok.edu.in>, Coordinator NSS <nss@uok.edu.in>, <dsw@skuastkashmir.ac.in>, <dswskuastj@gmail.com>, SUBHASH KASHYAP <sck2412@gmail.com>, Jegan Naathan <chamujegan@gmail.com>, <emailsuchismaroy@gmail.com>, <suchimita.roy@ijammu.ac.in>, NSS SMVDU <nss@smvdu.ac.in>, sandhya bharadwaj <drsandhya1963@gmail.com>, <dr.yogendra.dixit@csu.co.in>, PRINCIPAL LEH <principal.ejmc.leh.1@gmail.com>, <thinlessc8@gmail.com>

----- Forwarded message -----

From: NATIONAL SERVICE SCHEME DIRECTORATE OF NSS <pacnss@gmail.com>

Date: Fri, Apr 8, 2022 at 9:10 PM

Subject: Action Plan of International Day of Yoga 2022- reg

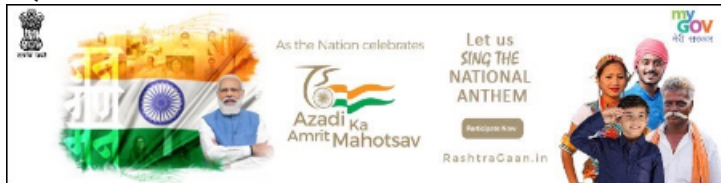
To: AHMEDABAD <nssahmedabad@gmail.com>, Bangalore <nssrcbangalore@gmail.com>, Bhopal <nssrcbhopal@gmail.com>, Bhopal <ashahkabir@gmail.com>, Regional Directorate of NSS Bhubanswar <nssbbsr@gmail.com>, BHUBANESHWAR <saritapatel1966@gmail.com>, Chandigarh <nssrc.chd@gmail.com>, Chandigarh <harinderk110@gmail.com>, Chennai <samnsstvm@gmail.com>, RC Chennai 4 <pacchennai3@gmail.com>, RD, Delhi <nssrcdelhi@gmail.com>, Sh. Jangjilong Delhi <aierjangjilong@gmail.com>, RD, Guwahati <nssghy@yahoo.co.in>, Guwahati <dipakrc@gmail.com>, Regional Director of Hyderabad <km.rama@ymail.com>, Hyderabad <nssrchyd@yahoo.in>, JAIPUR <nssrajasthan@gmail.com>, JAIPUR <spbnss@gmail.com>, Kolkata <rdnsskolkata@gmail.com>, Shri Vinay Kumar <vinaynssrc@gmail.com>, Lucknow <nssrclucknow@gmail.com>, Patna <nssrcpatna@gmail.com>, Patna <peeyushindian46@gmail.com>, Pune <dcarthigueane@gmail.com>, Regional Directorate of NSS Trivandrum <nssrcvm@yahoo.in>, Thiruvananthapuram <sree2121964@gmail.com>, Thiruvananthapuram <sreedharguru3999@gmail.com>  
Cc: CDN Sec <cdnsec@gmail.com>, NSS Section <nssmyas514b@gmail.com>, US RAVI KUMAR SINHA <sinharavikumar511@gmail.com>, Sh. Kamal Kumar Kar <kamalkumar.kar@gmail.com>

Sir/Madam

Kindly see the attachment of the Action Plan of International Day of Yoga, 2022 and take necessary action at your end.


भवदीय,

राष्ट्रीय सेवा योजना निदेशालय  
भारत सरकार  
युवा कार्यक्रम और खेल मंत्रालय  
नई दिल्ली-110011



With best regards---

(जैंगजिलॉग / Jangjilong)  
 क्षेत्रीय निदेशक / Regional Director,  
 रासेयो, क्षेत्रीय निदेशालय / Regional Directorate of NSS,  
 युवा कार्यक्रम और खेल मंत्रालय, भारत सरकार / Ministry of Youth Affairs & Sports, Government of India  
 भू-तल, एनेक्सी भवन, शिवाजी स्टेडियम / Ground Floor, Annexe Building, Shivaji Stadium  
 नई दिल्ली / New Delhi- 110001,  
 दूरभाष / Phone No. 011-23362991

 Action Plan of International Yoga Day 2022- 08 Apr 2022.pptx  
 584K

Nss Tecnia <nss@tecnica.in>

Tue, Apr 19, 2022 at 3:41 PM

To: Anmol Arora <tecnicawebsite@tecnica.in>, Directortias <directortias@tecnica.in>

----- Forwarded message -----

From: **GGSIU NSS Cell** <nsscell@ipu.ac.in>

Date: Tue, Apr 19, 2022, 15:35


Subject: Fwd: Action Plan of International Day of Yoga 2022- reg

To: Trina Som <trina.som@adgitmdelhi.ac.in>, Ms. Dr. Saloni Goel PO AIE <nssaie2020@gmail.com>, Ms. Dr. Saloni Goel PO AIE <aiesalonig@gmail.com>, <registrar@aimt.ac.in>, <directorrehab@tecnica.in>, Director BCIPS <director@bcips.ac.in>, Dr. Jayant Sanyal BCIPS <jayant@bcips.ac.in>, Ms. Garima Bali BLMCE <garima.bali@blmce.ac.in>, Dr. Arunima Mishra <arunimamishra@bpitindia.com>, <dr.poonamkathuria@gmail.com>, <shikhagupta@bpitindia.com>, <shalinisharmamishra@bpitindia.com>, <engineer.pooja90@gmail.com>, <mugdha.sharma145@gmail.com>, Dr. Karsingh BSAMC <bsamchdelhi@gmail.com>, Dr. Anil kumar <anilcollegemail@gmail.com>, Dr. Vaidya Riju Agarwal CBPACS <rijuagarwal@gmail.com>, CPJ College, Narela, Delhi <cpj.chs@gmail.com>, Gagan Bhayana PO CPJ <gagan.bhayana@cpj.edu.in>, Sakshi Anand <sakshi@dias.ac.in>, Dr. Smita Gupta DME <s.gupta@dme.ac.in>, Mr. Vinod Kumar PO DSPSR <vinodkumar@dspsr.in>, <guptamohit\_11@yahoo.com>, Ms. Renu PO FIMT <fimtss@gmail.com>, Prof. S Chaturvedi principal GBIS <gibs@gitarattan.edu.in>, Dr. Charu Sethi GNCE <gncedelhi@yahoo.com>, Mr. H.R. Meena GNDIT <meenahemraj1970@gmail.com>, Kalpana Singh <kalpanasankalp@gmail.com>, Brajesh Singh <brajeshsingh.dce@gmail.com>, Ms. Nahid Raees IVS <nahidraees719@gmail.com>, Dr. Manjula Shastri <hoddbca.kj@jagannath.org>, Dr. Rashmi Bhatia JIMS <hoddbca.kj@jagannath.org>, Ms. Bhawna Galhotra JIMS, Rohini <bhawna.jims@gmail.com>, Ms. Bhawna Galhotra JIMS, Rohini <bhawna.galhotra@jimsindia.org>, Hakimuddin Khan JIMS VK Khan <hakimuddin.khan@jagannath.org>, Dr. Ravinder Nath Ji JIMSMETC <ravinderece.gn@jagannath.org>, Prof. Bhavna Agarwal <director@kccilhe.edu.in>, Mr. Rebhava Raj Raghuvanshi KIHEAT <kamalainstitutehighereducation@gmail.com>, Dr. K. K. Garg Principal LLDIMS(Ligaya) LLDIMS <director.ldims@gmail.com>, Dr. Karunapati Tripathi MAIT <karunapati@gmail.com>, <neelam\_sr@yahoo.com>, Dr. Vandana Singh MDNIY <mdniy@yahoo.co.in>, Dr. Vandana Singh MDNIY <vandana.singh.50@gmail.com>, Ms. Deepshikha Kalra MERI <deepshikha017@gmail.com>, Dr. Vivek Solanki MSI <drviveksolanki@gmail.com>, Dr. Vivek Solanki MSI <viveksolanki@msi-ggsip.org>, Dr. Savita Ahlawat MSIT <savita.ahlawat@gmail.com>, Dr. Shubham Agarwal NDIM <shubhamagarwal@ndimdelhi.in>, Dr. Diwakar Jha <cmndmchrh@gmail.com>, <pmccdelhi@gmail.com>, ABHA KANSAL <abhasiwal@gmail.com>, <nss@tecnica.in>, <vaishaliiprasad89@gmail.com>, Dr. Deepali Saluja TIPS <deepalisaluja@rediffmail.com>, Aparna Chaturvedi <chaturvedi.aparna.tirwa@gmail.com>, Shilpa Khatri Babbar VIPS <shilpa.khatri.babbar@vips.edu>, Renu Vashisht <renu.vashisht@vips.edu>, <drnavneetkaur@sgtbimit.com>, <amanpreetkaur@sgtbimit.com>, st lawrence <slcg@stlawrence.in>, Dr. B.K. Pal , SCERT <delhibedscert@gmail.com>, Dr. Praveen Kumar CMLT HINDU RAO <hodpathhrh@gmail.com>, Dr. Maitri Sawarn MERI <maitri.sawarn@gmail.com>, NSS Gibs <nss.gibs@gitarattan.edu.in>

Dear Sir/Madam,

Kindly find below mail and attachment of the Action Plan of International Day of Yoga, 2022 and act accordingly.

[Quoted text hidden]

 Action Plan of International Yoga Day 2022- 08 Apr 2022.pptx  
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# International Day of YOGA, 2022



**Directorate of NSS**  
**Department of Youth Affairs**  
**Ministry of Youth Affairs and Sports**



# 100 DAYS COUNTDOWN FOR IYD 2022 NSS

TIMELINE	LEVEL	ACTIVITY
13 <sup>th</sup> March-31 <sup>st</sup> March	Directorate of NSS	Preparation of Plan of Action for IYD , 2022
1 <sup>st</sup> April- 21 June	Regional Directorates and SNO Cells	<ul style="list-style-type: none"><li>• Dissemination of IEC Material including CYP videos</li><li>• Planning for the observation of IYD, 2022</li><li>• Creating plan of social media campaign</li></ul>
1 <sup>st</sup> April-30 <sup>th</sup> April	University NSS Cells	<ul style="list-style-type: none"><li>• Organisation of Workshops on CYP</li><li>• Formation of various groups for live demonstration of Yogasan</li><li>• Sensitisation of the volunteers by online trainings</li></ul>
7 <sup>th</sup> April- 20 June	Institutions having NSS Unit	<ul style="list-style-type: none"><li>• Organisation of online / offline training / practice sessions following CYP</li><li>• Identification of the venues for Yoga demonstration</li><li>• Planning for the activities apart from live yoga demonstration</li></ul>
21 <sup>st</sup> June	All NSS Units	<ul style="list-style-type: none"><li>• IYD celebration at Unit level .</li><li>• Organisation of all online and offline activities</li><li>• Organisation of other activities as per the action plan</li><li>• Submission of the report</li></ul>



# Action plan for IDY 2022 - NSS

- Workshop on Yoga will be conducted in all the Universities having NSS, which will be followed by demonstration and performance of series of Yog-Asanas.
- All the NSS Units will perform the Yog-Asanas in their campuses to mark the occasion.
- All the Special Camping programmes will have a component of performance of Yog-Asanas.
- The day will start with the performance of Yog-Asanas in all the National Level programmes, like Pre- Republic Day Parade Camps, Republic Day Parade Camp, National Integration Camp etc. being conducted by the NSS units all over the country.



# Action plan for IDY 2022 - NSS

- Rallies will be organised in all the major venues by the NSS volunteers to make the people aware about the benefits of Yog-Asanas and to motivate for living a healthy.
- Yoga Awareness through Poster painting competition.
- Yoga Exercises and Poster Making
- Watching of Yoga Day Live telecast on Doordarshan.



# Online activities

- Lecture on Yoga, panel discussion on importance of Yoga in today's era,
- Workshop, seminars on importance of Yoga by national level experts.
- Poster Making, Slogan Writing, Competitions on Yoga, Cultural Performances
- On the Importance of Yoga.
- Yoga Awareness on Yoga's importance through Doordarshan telecast.
- Online Quiz Competition on Yoga Day





# Activities to be carried out in IDY 2022

- Theme of IYD 2022: #Yoga for Wellbeing
- No of Universities to be involved: 650
- No of Councils and Directorates to be involved : 51
- No of Institutions to be covered: 24,000
- No of NSS Units to be involved: 30,000
- No. Of Online activities to take place: 8000
- Total number of volunteers and youth expected to participate : 20 lakh



# Social Media Campaign

- Yoga Awareness will be spread on all social media platform .
- Updates of IYD 2022 will be shared from all handles / accounts
- Videos of practice of CYP will be uploaded regularly
- E posters, articles, AYUSH directives will be shared on the social media platforms
- Special emphasis will be given to the girl volunteers and the theme will be shared among all for maximum participation



**NAMASTE**

**YOGA FOR MIND, BODY AND SOUL**