



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

**Fwd: Count-down Yoga programme of IDY-2022-Reg.**

1 message

**Directortias** <directortias@tecnia.in>  
To: Anmol Arora <tecniawebsite@tecnia.in>

Sat, Apr 30, 2022 at 4:57 PM

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

From: **Nss Tecnia** <nss@tecnia.in>  
Date: Sat, Apr 30, 2022 at 2:16 PM  
Subject: Fwd: Count-down Yoga programme of IDY-2022-Reg.  
To: Directortias <directortias@tecnia.in>, Ruchi Srivastava <tiasevent@rediffmail.com>

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

From: **GGSIU NSS Cell** <nsscell@ipu.ac.in>  
Date: Wed, Apr 27, 2022 at 6:11 PM  
Subject: Fwd: Count-down Yoga programme of IDY-2022-Reg.  
Dear All,

Please find enclosed

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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: Wed, Apr 27, 2022 at 5:29 PM  
Subject: Count-down Yoga programme of IDY-2022-Reg.  
To:

Sir/Madam,

Kindly find the attachment with a request to take appropriate action at your end.

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**With best regards---**

(जैंगजिलॉंग / 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

**Yoga (2).pdf**  
2326K

F.NO.P-29(NYPF)/NSS/RDD/2021-22/19  
Government of India  
Ministry of Youth Affairs & Sports  
Regional Directorate of NSS  
Ground Floor, Shivaji Stadium, New Delhi

Dated: - 27/04/2022

To,  
State NSS Officer,  
Delhi, Haryana & Jammu- Kashmir.

**Sub:- Count- down Yoga Programme of IDY-2022- reg**

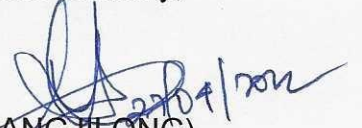
Sir/Madam,

I am directed to inform you that Government of India, Ministry of AYUSH has finalised two specific dates for Ministry of Youth Affairs & Sports to organise Yoga activities as a part of Count-down to International Day of Yoga (IDY) -2022 Programme. The specific dates to organise the following suggestive activities are **14<sup>th</sup> May and 20<sup>th</sup> June, 2022** apart from the IDY i.e 21<sup>st</sup> June, 2022:

1. Common Yoga protocol practice
2. Yoga Break (Y-Break ) practice
3. Lecturers on Yoga by Experts
4. Yoga Workshops
5. Yoga Demonstration
6. Yoga related competition
7. Any other related promotional activities

In this regard, it is requested that the above suggestive activities may be organised on 14<sup>th</sup> May and 20<sup>th</sup> June, 2022 through all the NSS units, under your jurisdiction and reports along with action photographs may be sent to this office immediately after the programme. Action Photographs and videos of the activities may also be uploaded on all social media platforms of NSS to make this programme a grand success.

Yours faithfully,

  
(JANGJILONG)  
Regional Director

**Enclosed: As above.**

Copy to:

1. Director, NSS, Government of India, Ministry of Youth Affairs & Sports, Shastri Bhawan, New Delhi.
2. NSS Programme Coordinators of all Universities & +2 Council/Board in Delhi, Haryana, Jammu-Kashmir & Ladakh with a request to adhere the above official communication.



## Fwd: Ministry related to count-down Yoga Program of IDY - 2022 - URGENT

1 message

Minister I and B <minister.inb@gov.in>  
To: myasoffice <myasoffice@gmail.com>

Mon, Apr 11, 2022 at 10:53 AM



38(D) *[Signature]*  
12/4

— Forwarded Message —

From: "Shri Sarbananda Sonowal" <minister-ayush@nic.in>  
To: "Minister I and B" <minister.inb@gov.in>  
Cc: "Vinay Kaushal" <vinay.kaushal@gov.in>, directormdny@yahoo.com, "Dr. I. V. Basavaraddi" <dir-mdny@nic.in>  
Sent: Friday, April 8, 2022 8:06:51 PM  
Subject: Ministry related to count-down Yoga Program of IDY - 2022 - URGENT

Respected Shri Anurag Thakur ji,

As you are aware, at the initiative of Hon'ble Prime Minister Shri Narendra Modi, the United Nations General Assembly took a historic decision in 2014 to declare 21st June as the International Day of Yoga (IDY). This world wide acceptance of Yoga is a matter of pride for our country, as Yoga is an integral part of our cultural and spiritual heritage. Every year, the IDY observation begins with a Mass Yoga Demonstration in the morning, which is led by Hon'ble Prime Minister himself, followed by other Yoga related activities.

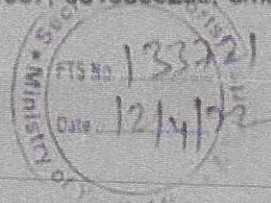
2. Ministry of Ayush - being the Nodal Ministry for observation of the IDY, has planned several programs as countdown to IDY-2022. The preparations for IDY-2022 are already underway. As the upcoming 8th IDY is falling in Azadi Ka Amrit Mahotsav year, this Ministry has planned a series of diverse activities and programs with the support of key stakeholders like your esteemed Ministry. This year, the IDY observation will be focused on India Branding and its globalization with extensive promotions across the boundaries through all possible platforms - print, digital, social media etc. Various activities such as pledge, competition, quizzes, video contest etc. for participation of general public will be organized on MyGov platform.

3. The Ministry has launched a first such mass participative program - 100 days, 100 cities and 100 organizations on 13th March, 2022 will continue till 21st June, 2022 across the globe, which is being organized in a campaign mode, and is gaining momentum.

4. Further, starting from 7th April, 2022, which is also the World Health Day and 75th day of the countdown to IDY -2022, Ministry of Ayush is planning for more aggressive campaign for IDY-2022. During the discussion in the Group of Ministers and Inter-Ministrial Committee meetings, it was decided to allot each Ministry/ Department a designated date before June 21 to practice Common Yoga Protocol (CYP) in the morning and also to conduct other Yoga related activities. You are requested to kindly lead this program from the front and all IDY related program. The detail of the programs which can be planned by the Ministry is enclosed herewith for ready reference (Annexure -1). It is also requested to organize these programs with large number of participants in all the Departments, Autonomous Bodies, PSUs, Subordinate Offices and other peripheral units of your Ministry. Being one of the pioneer influencers of the society, such an initiative will help in taking the message of IDY and Yoga to more and more people. This can also help government employees to lead a healthy life, become productive and lead the massive Yoga demonstrations being organized on 21st June 2022.

5. Therefore, it is humbly requested that all the employees and the family members of the employees of the Ministry/ Department/ Attached/ Subordinate Offices/ PSUs/ Autonomous Bodies, Organization may practice the CYP together on the assigned date, along with other Yoga related activities to be continued till 21st June, 2022. The Hindi version of CYP can be found in the url [https://www.youtube.com/watch?v=wgjz\\_LyNLRw](https://www.youtube.com/watch?v=wgjz_LyNLRw) and English version can be found in the url <https://www.youtube.com/watch?v=K-GJh9GeOxE>. It is also requested to send the pictures/ videos of the practice to the email id pmu-ayush@gov.in and directormdny@yahoo.com for consolidation and record purposes.

6. For any technical assistance, you may kindly contact Dr. Ishwar V. Basavaraddi, Director Morarji Desai National Institute of Yoga (MDNIY), Ministry of Ayush at 011-23711657, 9810800289, email: directormdny@yahoo.com



Dir (JN)  
L

Secretary (Sports)



39	06-05-2022	46	Minister of Environment, Forest and Climate Change	Shri Bhupender Yadav	Shri Ashwini Kumar Choubey
40	07-05-2022	45	Minister of Labour and Employment	Shri Bhupender Yadav	Shri Rameswar Teji
41	08-05-2022	44	Minister of Heavy Industries	Dr. Mahendra Nath Pandey	Shri Krishan Pal Gurjar
42	09-05-2022 & 17-06-2022	43 & 04	Minister of Fisheries, Animal Husbandry and Dairying	Shri Parshottam Rupala	Dr. L. Murugan Dr. Sanjeev Kumar Balyan
43	10-05-2022 & 18-06-2022	42 & 03	Minister of Culture	Shri G. Kishan Reddy	Shri B. L. Verma Smt. Meenakashi Lekhi Shri Arjun Ram Meghwal
44	11-05-2022 & 19-06-2022	41 & 02	Minister of Tourism	Shri G. Kishan Reddy	Shri Kaushal Kishore Shri Shripad Yesso Naik
45	12-05-2022	40	Minister of Development of North Eastern Region	Shri G. Kishan Reddy	Shri B. L. Verma
46	13-05-2022	39	Minister of Information and Broadcasting	Shri Anurag Singh Thakur	Dr. L. Murugan
47	14-05-2022 & 20-06-2022	38 & 01	Minister of Youth Affairs and Sports	Shri Anurag Singh Thakur	Shri Nisith Pramanik

#### MINISTERS OF STATE (INDEPENDENT CHARGE)

S.No	Date	Day	Ministries	Name
1.	15-05-2022	37	Ministry of Statistics and Programme Implementation	Rao Inderjit Singh
2	26-05-2022	26	Ministry of Planning	Rao Inderjit Singh
3	01-06-2022	20	Ministry of Corporate Affairs	Rao Inderjit Singh
4.	16-05-2022	36	Ministry of Science and Technology	Dr. Jitendra Singh
5	27-05-2022	25	Ministry of Earth Sciences	Dr. Jitendra Singh



**Programmes which can be conducted by the Ministries related to  
count-down Yoga Programme of IDY – 2022**

1. 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