



## Fwd: Invitation to Yoga Mahotsav-2023 - A Celebration to commemorate 100 days countdown to IDY 2023 on 13-14 March, 2023 at New Delhi -reg.

Directortias <directortias@tecnia.in>

Mon, Mar 13, 2023 at 9:16 AM

To: Nss Tecnia <Nss@tecnia.in>, Fit India Youth Club <Fitindiayouth@tecnia.in>, TIAS-Website <tecniawebsite@tecnia.in>, Ruchi Srivastava <tiasevent@rediffmail.com>, Dean Academics <deanacademics@tecnia.in>

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

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

Date: Sun, Mar 12, 2023 at 9:46 PM

Subject: Fwd: Invitation to Yoga Mahotsav-2023 - A Celebration to commemorate 100 days countdown to IDY 2023 on 13-14 March, 2023 at New Delhi -reg.

To: <mksssrewa@yahoo.co.in>, NSS GGSIPU <priyankabhutani9@gmail.com>, Priyanka Bhutani <priyanka.b@ipu.ac.in>, Dr. Gaurav Talan <gauravtalan@ipu.ac.in>, <ravinderkumar10@gmail.com>, Deepak Garg <deepak@ipu.ac.in>, Vinita <vinita@ipu.ac.in>, Dr.Ram Shankar Gupta <rsgupta@ipu.ac.in>, Dr Sachin Bharti <drsachin@ipu.ac.in>, <shalini.ipusoe@gmail.com>, Dr. Neetu Rani <neetu\_rani@ipu.ac.in>, <drnvats@gmail.com>, Sayan Chatterjee <sayan@ipu.ac.in>, Akhil Das <akhildass@ipu.ac.in>, <ankurgsb.usar@gmail.com>, <ar.shubhangi22@gmail.com>, NSS ADGITM <nss@adgitmdelhi.ac.in>, Dr Sanjay Kumar <director@adgitmdelhi.ac.in>, <vikas.v001@gmail.com>, Ms. Dr. Saloni Goel PO AIE <nssaie2020@gmail.com>, <dr.nilambara\_srivastav@aimt.ac.in>, Director Rehab . <directorrehab@tecnia.in>, Anupama Gupta <anuguptaag12345@gmail.com>, Dr. Jayant Sanyal BCIPS <jayant@bcips.ac.in>, NSS Cell BCIPS <nssbcips@gmail.com>, <neha@bcip.ac.in>, Dr. Arunima Mishra <arunimamishra@bpitindia.com>, <dr.poonamkathuria@gmail.com>, <shalinisharmamishra@bpitindia.com>, <engineer.pooja90@gmail.com>, <mugdha.sharma145@gmail.com>, <coedelhi@bharativedyapeeth.edu>, <dharmaender.saini@bharativedyapeeth.edu>, Dr. Anil kumar <anilcollegemail@gmail.com>, <nssblmce@gmail.com>, <nssunit@cpj.edu.in>, prof. Dr. J. P. MOHLA CPJCHS <mohlajp@cpj.edu.in>, NSS CBPACS <nsscbpacs@gmail.com>, Sakshi Anand <sakshi@dias.ac.in>, <dirdmails@gmail.com>, <brijeshsaini@gmail.com>, <deepakjims@rediffmail.com>, DME NSS Cell <nss@dme.ac.in>, NSS DSPSR <nss\_po@dspsr.in>, Director DSPSR <director@dspsr.in>, Tanya Gupta <hodbarch@delhitechnicalcampus.ac.in>, nss dtc <nss@delhitechnicalcampus.ac.in>, Director DTC <director@delhitechnicalcampus.ac.in>, Ms. Renu PO FIMT <fimtss@gmail.com>, NSS Gibs <nss.gibs@gitarattan.edu.in>, Director <director@gnitipu.in>, Dr. Charu Sethi GNCE <gncedelhi@yahoo.com>, Mr. H.R. Meena GNDIT <meenahemraj1970@gmail.com>, GTBIT NSS <nssgtbit@gmail.com>, Brajesh Singh <brajeshsingh.dce@gmail.com>, PRIYANKA INDORIA <drpriyankaindoria@gmail.com>, IITM-JP <director@iitmjp.ac.in>, <drpriyankamurria.iitm Delhi@gmail.com>, <preksha9125@gmail.com>, <nityakhurana86@gmail.com>, <neeti1906@gmail.com>, Ms. Nahid Raees IVS <nahidraees719@gmail.com>, <nss.kj@jagannath.org>, Dr. Manjula Shastri <hodbcom.kj@jagannath.org>, nss cell <nss\_cell@jimsindia.org>, Hakimuddin Khan JIMS VK Khan <hakimuddin.khan@jagannath.org>, NSS KHIEAT <nsskiheat@gmail.com>, NSS KRCHE <nsskrche@gmail.com>, Bhawna Aggarwal Director, KCCilhe <director@kccilhe.edu.in>, Dr.Sunita Singhal <dr.sunita@kccilhe.edu.in>, <events@kccilhe.edu.in>, Dr. K. K. Garg Principal LLDIMS(Ligaya) LLDIMS <director.ldims@gmail.com>, <nss@lldims.org.in>, <nss@mains.ac.in>, <mait@mait.ac.in>, Dr. Karunapati Tripathi <karunapati@gmail.com>, Savita Ahlawat <savita.ahlawat@msit.in>, Dr. Vivek Solanki MSI <drviveksolanki@gmail.com>, Dr. Vivek Solanki MSI <viveksolanki@msi-ggsip.org>, Ms. Deepshikha Kalra MERI <deepshikha017@gmail.com>, Dr. Shubham Agarwal NDIM <shubhamagarwal@ndimdelhi.in>, <shailendrakumar@ndimdelhi.in>, NSS IPU SGTBIMIT <nssipu.sgtbimit@gmail.com>, Dr. Sonu Godara Asst.Prof.GGSIPU Delhi <godaraseenu@gmail.com>, Ayushee Gupta PO SLCGHE <slcg@stlawrence.in>, ABHA KANSAL <abhasiwal@gmail.com>, Nss Tecnia <nss@tecnia.in>, <vaishaliprasad89@gmail.com>, nss tiips <nsstiips@gmail.com>, Prof. Barkha Bahl TIPS Director <tips@tips.edu.in>, Aparna Chaturvedi <chaturvedi.aparna.tirwa@gmail.com>, Dr. Deepali Saluja TIPS <deepalialsaluja@rediffmail.com>, <ishasetia94@gmail.com>, <sagrika7.uppal@gmail.com>, Renu Vashisht <renu.vashisht@vips.edu>, <alpna@vips.edu>, Sunil Mishra <sunil.mishra@vips.edu>

Dear All,

Please find enclosed and circulate among NSS volunteers.

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With Warm 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: **yoga mdniy** <[yogamahotsav23@gmail.com](mailto:yogamahotsav23@gmail.com)>

Date: Sat, Mar 11, 2023 at 8:29 PM

Subject: Invitation to Yoga Mahotsav-2023 - A Celebration to commemorate 100 days countdown to IDY 2023 on 13-14 March, 2023 at New Delhi -reg.

To: [nsscell@ipu.ac.in](mailto:nsscell@ipu.ac.in) <[nsscell@ipu.ac.in](mailto:nsscell@ipu.ac.in)>, [varunj63@gmail.com](mailto:varunj63@gmail.com) <[varunj63@gmail.com](mailto:varunj63@gmail.com)>

Cc: [dr.pawanmdniy@gmail.com](mailto:dr.pawanmdniy@gmail.com) <[dr.pawanmdniy@gmail.com](mailto:dr.pawanmdniy@gmail.com)>

Dear Sir,

Please find enclosed herewith on the subject cited above and kindly get yourself registered for the event on the below mentioned link.

You are also requested to ensure the participation of around 50 NCC Cadets (with uniform) and 50 NSS Volunteers from your esteemed University in the Yoga Mahotsav event and specially in the workshop on 15th March, 2023 from 07:00 AM onwards.

[Yoga Mahotsav](#)

सादर

*With Regards,*

*For Director*

मोरारजी देसाई राष्ट्रीय योग संस्थान

*Morarji Desai National Institute of Yoga (MDNIY)*

आयुष मंत्रालय, भारत सरकार

*Ministry of AYUSH, Government of India*

दूरभाष संख्या: 011-23730417-18, 23351099

*Phone: 011-23730417-18, 23351099,*

टेलीफैक्स: 011-23711657

*Telefax: 011-23711657*

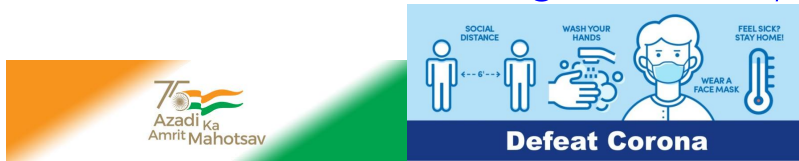
ई-मेल: [mdniy@yahoo.co.in](mailto:mdniy@yahoo.co.in)

*Email: [mdniy@yahoo.co.in](mailto:mdniy@yahoo.co.in)*

*Website: [www.yogamdniy.nic.in](http://www.yogamdniy.nic.in)*

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## 2 attachments



**YM Brochure-2023.pdf**

1152K



**Dear Sir, As you are aware the International Day of Yoga (IDY), is being celebrated since last 8 years.pdf**

423K

“Yoga embodies unity of mind and body, thought and action, restraint and fulfilment, harmony between man and nature, and a holistic approach to health and well-being.

- Prime Minister Narendra Modi”

# YOGA Mahotsav-2023

An Event to Commemorate 100 Days Countdown to  
**International Day of Yoga-2023**  
March 13 - 14, 2023 at Talkatora Indoor Stadium

&

## Post Mahotsav Yoga Workshops

March 15, 2023 at MDNIY



100

DAYS TO GO  
TO IDY - 2023

Y  
O  
G  
A

Workshops

Discourses

Exhibitions

Fusion/Demonstration

Organised by:

**Morarji Desai National Institute of Yoga**  
**Ministry of Ayush, Government of India**

68, Ashok Road, New Delhi - 110001

Telefax: 011-23711657 Email: dir-mdniy@nic.in

Website: www.yogamdniy.nic.in

# PATRONS



**Shri Sarbananda Sonowal**  
Hon'ble Union Cabinet Minister  
Ministry of Ayush &  
Ministry of Ports, Shipping and Waterways

Yoga is India's gift to the world, a powerful tool that can transform lives and create a better world for all. As we lead the G20 summit this year, let us showcase the timeless teachings of Yoga and its ability to promote health, harmony, and peace across nations.

I invite you to join us for the Yoga Mahotsav-2023 - An event to Commemorate 100 Days to International Yoga Day-2023. This event provides a platform to showcase the immense benefits of Yoga, and how it can contribute to our overall health and wellness. Through this event, let's celebrate the power of Yoga to transform individuals and communities, and make this momentous occasion a grand success.

As India leads the G20 summit this year, we welcome all experts and Yoga enthusiasts to join us for Yoga Mahotsav-2023 - An event to Commemorate 100 Days to International Yoga Day-2023. This event is a testament to the transformative power of Yoga, which rejuvenates both the mind and body, and now, with efforts being made to bring Yoga in synergy with technology, it has become a global phenomenon.

Let us celebrate this event with zeal, inspiring a global movement towards holistic wellness and make Yoga Mahotsav-2023 a great success.



**Dr. Munjpara Mahendrabhai Kalubhai**

Hon'ble Union Minister of State  
Ministry of Ayush &  
Ministry of Women & Child Development

Yoga has proven to be effective in treating psychosomatic disorders, as evidenced by scientific research in the modern world. Various medical and scientific institutes, including Yoga institutions, have worked together to show that the utility of Yoga is not limited to any particular field. These scientific works have instilled faith in the masses for Yoga's application in lifestyle disorders.

I heartily welcome to all the Hon'ble dignitaries, Senior Officers of Government of India, Yoga Gurus/Masters, experts of Ayush, modern medicine and allied science, delegates, Yoga enthusiasts to the Yoga Mahotsav-2023.



**Vaidya Rajesh Kotecha**

Secretary, Ministry of Ayush  
Government of India

Yoga is a holistic path to attain physical, mental and spiritual well-being. With its ancient wisdom and modern approach, it empowers individuals to lead a balanced and harmonious life. Let us embrace Yoga as a way of life and celebrate its transformative power at Yoga Mahotsav-2023 - An event to Commemorate 100 Days to International Yoga Day-2023.



**Ms. Kavita Garg**

Joint Secretary, Ministry of Ayush,  
Government of India

## WELCOME BY THE DIRECTOR, MDNIY



**Dr. Ishwar V. Basavaraddi**  
Director MDNIY  
Ministry of Ayush, Government of India

It gives me immense pleasure to extend a hearty welcome to all the Hon'ble dignitaries, revered Yoga Gurus, eminent Yoga Masters, experts of Ayush, modern medicine and allied science, delegates, Yoga enthusiasts to the Yoga Mahotsav-2023 - An event to commemorate 100 days countdown to International Day of Yoga - 2023. Yoga is a priceless gift from India to the world and is immensely popular among all genre. It is a traditional system which makes an individual disciplined. This year the journey to IDY -2023 is all the more special as India is proudly hosting the G-20 summit with the theme "Vasudhaiva Kutumbakam". I am sure that with everyone's cooperation and contribution, this edition of Yoga Mahostav will be celebrated in a befitting manner and will help to spread the message of Yoga in it's true spirit and make it a global movement for peace, health and well-being.



# YOGA MAHOTSAV-2023

Morarji Desai National Institute of Yoga (MDNIY), Ministry of Ayush, Government of India, is organising Yoga Mahotsav-2023 - an event to commemorate 100 days countdown to IDY-2023 from March 13-14, 2023 at Talkatora Indoor Stadium, New Delhi and Post Mahotsav Yoga Workshops on March 15, 2023 at MDNIY. As India is hosting the G20 Presidency, in the 'Amrit Kaal' with the spirit of 'Vasudhaiva Kutumbakam', wherein various aspects of health and well-being are being deliberated upon by the G20 members, the importance of Yoga Mahotsav has become even more significant than earlier.

The Yoga Mahotsav-2023 is witnessing the auspicious presence and discourses by eminent dignitaries including Cabinet Ministers from the Government of India, revered Yoga Gurus, eminent Yoga Masters, experts of Ayush, modern medicine and allied science, delegates and Yoga enthusiasts.

The Yoga Mahotsav-2023 will comprise the following events: -

- Technical Sessions:
  - (i) Vice Chancellors Summit: 'IDY - A Reflection on its Past and Opportunities for the Future'.
  - (ii) Experience sharing by Heads of Leading Yoga Institutes: Yoga - Its past/present/future by revered Yoga Gurus.
  - (iii) States/UTs Ayush Summit.
- Yoga Demonstrations & Cultural Programmes by Yoga Institutions and Ministry of Culture, Government of India.
- Messages of Yoga Gurus and Scientists@ 100 days celebration of IDY.
- Photo Exhibition of previous IDY editions.
- Quiz, Elocution and Poster Presentation Competitions.
- Post Mahotsav Yoga Workshop for Yoga Instructors of Ayush Health & Wellness Centres/Anganwadi workers.
- 'Y-Break' Session for Senior Officers of various Ministries of Government of India.

**Common Yoga Protocol: 07:00 AM - 07:45 AM from March 13-15, 2023 at MDNIY**

## SCHEDULE

(March 13, 2023 at Talkatora Indoor Stadium)

Timings	Programmes/Activities
03.00 P.M. To 05.30 P.M.	Inaugural Function
05.30 P.M. To 05.35 P.M.	Yoga Break
05.35 P.M. To 06.00 P.M.	Tea Break
06.00 P.M. To 07.00 P.M.	Talks/Discourse by Yoga Gurus/Masters
07.00 P.M. To 08.00 P.M.	Yoga Fusion/Demonstration

(March 14, 2023 at Talkatora Indoor Stadium)

Timings	Programmes/Activities
09.30 A.M. To 10.00 A.M.	Yoga Demonstration
10.00 A.M. To 11.30 A.M.	Vice Chancellors Summit/Experience Sharing by Heads of Leading Yoga Institutes
11.30 A.M. To 12.00 Noon	Yoga Fusion
12.00 Noon To 01.00 P.M.	States/UTs Ayush Summit
01.00 P.M. To 01.30 P.M.	Yoga Rhythmic Performance
01.30 P.M. To 01.35 P.M.	Yoga Break
01.35 P.M. To 02.00 P.M.	Lunch Break
02.00 P.M. To 04.30 P.M.	Competitions: Quiz/Elocution/Poster Presentation
04.30 P.M. To 05.00 P.M.	Bhajans
05:00 P.M. To 06.00 P.M.	Talk/Discourses on Yoga/Special Techniques in Yoga
06:00 P.M. To 07.00 P.M.	Prize Distribution/Closing Ceremony

# YOGA COMPETITIONS

S.No.	Competition	Date & Time	Eligibility Criteria	Prize in (Rs.)
1	Yoga Quiz	14.03.2023 02.00 P.M. - 04.30 P.M.	Open For All	1 <sup>st</sup> Prize Rs. 25,000 2 <sup>nd</sup> Prize Rs. 15,000 3 <sup>rd</sup> Prize Rs. 10,000 Con Prize Rs. 1,000
2	Elocution Competition	14.03.2023 02.00 P.M. - 04.30 P.M.	Open For All	1 <sup>st</sup> Prize Rs. 25,000 2 <sup>nd</sup> Prize Rs. 15,000 3 <sup>rd</sup> Prize Rs. 10,000 Con Prize Rs. 1,000
3	Poster Presentation	14.03.2023 02.00 P.M. - 04.30 P.M.	Open For All	1 <sup>st</sup> Prize Rs. 25,000 2 <sup>nd</sup> Prize Rs. 15,000 3 <sup>rd</sup> Prize Rs. 10,000 Con Prize Rs. 1,000

Note: Rules & Regulations will be notified separately.

## POST MAHOTSAV YOGA WORKSHOPS

(March 15, 2023 at MDNIY)

Timings	Programmes/Activities
07.00 A.M. TO 07.45 A.M.	Common Yoga Protocol
07.45 A.M. TO 08.00 A.M.	Institutional Activities
08.00 A.M. TO 09.00 A.M.	Breakfast
9.30 A.M. TO 11.30 A.M.	Surya Namaskar, Yogasana
11.30 A.M. TO 12.00 Noon	Tea Break
12.00 Noon TO 01.30 P.M.	Breathing Practices, Pranayama and Meditation
01.30 P.M. TO 01.35 P.M.	Yoga Break
01.35 P.M. TO 02.30 P.M.	Lunch Break
02.30 P.M. TO 04.00 P.M.	Yoga Nidra/ Relaxation Techniques/ Special Techniques
04.00 P.M. TO 04.30 P.M.	Tea Break
04.30 P.M. TO 06.00 P.M.	Special Techniques/Mantra Chanting/Meditation
06.00 P.M. TO 07.00 P.M.	Yoga Demo by students

## PARTICIPATING ORGANISATIONS

- Leading Yoga Institutions
- Panchayat Pradhans
- Anganwadi Workers/Asha Workers/Self Help Groups
- Ayush Health & Wellness Centres
- Resident Welfare Associations (RWAs), Women Welfare Organisations
- Post Graduate Departments/Universities/Yoga Universities/Yoga Colleges & Institutes/Ayurveda, Siddha Homeopathy & Unani Colleges/Naturopathy & Yoga Colleges
- Schools
- Research Councils/National Institute/NCISM/NCH/PCIM&H/NMPB Ministry of Ayush
- Central Ministries/State Governments
- NCC/CSC/Nehru Yuva Kendra/NSS/NDMC/Railways/Post
- Uniform Personnel (Army/Air Force/Navy/Paramilitary/Police)
- CBSE/NCERT/CIET/UGC/NCTE/AICTE
- ASSOCHAM/CII/FICCI/ITPO/NASSCOM



# मोरारजी देसाई राष्ट्रीय योग संस्थान

आयुष मंत्रालय, भारत सरकार

६८, अशोक रोड, गोल डाक खाना के समीप, नई दिल्ली - ११०००१

**MORARJI DESAI NATIONAL INSTITUTE OF YOGA**

Ministry of AYUSH, Govt. of India

68, Ashok Road, Near Gole Dak-Khana, New Delhi - 110 001

File No. MDNIY/2022/C&D/IDY-001  
Date: 10.03.2023

Dear Sir,

As you are aware the International Day of Yoga (IDY), is being celebrated since last 8 years with all enthusiasm and voluntary participation on 21<sup>st</sup> June every year. The involvement of NCC in this public movement is highly commendable.

As a part of *Azadi Ka Amrit Mahotsav*, the Government of India celebrated IDY-2022 at 75 Iconic locations: Branding India Globally; Guardian Ring showcasing IDY Celebration in 75 Countries; 100 Days countdown through 100 Cities and 100 Organizations; Innovative Digital and Static Exhibitions; Yoga Startups, and many more.

Shri Narendra Modi Ji, Hon'ble Prime Minister of India, led the Mass Yoga Demonstration at the Mysuru Palace, Mysuru, on June 21, 2022. The Hon'ble Prime Minister addressed the nation on this occasion, emphasizing the role of Yoga in maintaining health and well-being in our lives. All the leading Yoga Institutes, both from India and abroad, actively participated in this biggest public health movement in making the IDY-2022 a grand success.

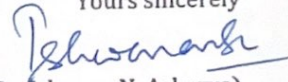
The 100 Days Countdown to Yoga Day programme based on the theme of 100 Day, 100 Cities, 100 Organizations have drawn the attention of the public and Yoga enthusiasts considerably. The programme conducted at the iconic venues further added colours to the entire programme. It may be noted that this year also the 100 days Countdown programme will be organized on the similar pattern of last year.

Further, this year (2023), the Curtain Raiser to IDY celebrations – Yoga Mahotsav is being organized by MDNIY on 13<sup>th</sup> & 14<sup>th</sup> March, 2023 at Talkatora Indoor Stadium, New Delhi. Also, post-Mahotsav Workshop on Yoga is being organized on 15<sup>th</sup> March, 2023 at MDNIY. You are requested to kindly make it convenient to attend the Yoga Mahotsav event. You are also requested to ensure the participation of around 50 NCC cadets (with uniform) and 50 NSS Volunteers from your esteemed University in the Yoga Mahotsav event and specially in the workshop on 15<sup>th</sup> March, 2023 from 7:00 am onwards.

I look forward to your continued support and participation in the promotion and development of Yoga and the Yoga programmes & activities of Ministry of Ayush and MDNIY.

With regards,

Yours sincerely

  
(Dr. Ishwara N. Acharya)  
Programme Officer (YT)

Prof. Varun Joshi  
Programme Coordinator, NCC & NSS  
GGS Indraprastha University,  
Dwarka, New Delhi