



## Fwd: Action Plan for International Day of Yoga-2023- reg.

Directortias <directortias@tecnia.in>

Thu, Jun 8, 2023 at 5:23 PM

To: Nss Tecnia <Nss@tecnia.in>, Dean Academics <deanacademics@tecnia.in>, Ruchi Srivastava <tiasevent@rediffmail.com>, TIAS-Website <tecniawebsite@tecnia.in>, HOD BBA <hodbba@tecnia.in>, HOD BAJMC <hodbajmc@tecnia.in>, HOD MBA <hodmba@tecnia.in>, hod bca <hodbca@tecnia.in>, piyushkumar5698@gmail.com

For information and necessary compliance.

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

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

Date: Thu, Jun 8, 2023 at 5:17 PM

Subject: Fwd: Action Plan for International Day of Yoga-2023- 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 <rgupta@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>, Ashish Joshi <ashish.j@ipu.ac.in>, <snimanpure@gmail.com>, <nankinath.design@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>, <neha@bcip.ac.in>, Dr. Jayant Sanyal BCIPS <jayant@bcips.ac.in>, NSS Cell BCIPS <nssbcips@gmail.com>, Dr. Arunima Mishra <arunimamishra@bpitindia.com>, <dr.poonamkathuria@gmail.com>, <shalinisharmamishra@bpitindia.com>, <engineer.pooja90@gmail.com>, <mugdha.sharma145@gmail.com>, <coedelhi@bharativedyapeeth.edu>, <dharmender.saini@bharativedyapeeth.edu>, Dr. Anil kumar <anilcollegemail@gmail.com>, NSS BLMCE <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>, IITM <director@iitmipu.ac.in>, <nss@iitmipu.ac.in>, PRIYANKA INDORIA <drpriyankaindoria@gmail.com>, IITM-JP <director@iitmjp.ac.in>, <drpriyankamurria.iitmdelhi@gmail.com>, <preksha9125@gmail.com>, <nityakhurana86@gmail.com>, <neeti1906@gmail.com>, Ms. Nahid Raees IVS <nahidraees719@gmail.com>, NSS JIMS,KALKAJI <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 KRCHC <nsskrche@gmail.com>, Prof. Bhavna Agarwal <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@maims.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>, <nsscell@rdias.ac.in>, RDIAS RDIAS <admin@rdias.ac.in>, ABHA KANSAL <abhasiwal@gmail.com>, NSS IPU SGTBIMIT <nssipu.sgtbimit@gmail.com>, Dr. Sonu Godara Asst.Prof.GGSIPU Delhi <godaraseenu@gmail.com>, Ayushee Gupta PO SLCGHE <slcg@stlawrence.in>, 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 <deepalisaluja@rediffmail.com>, <ishasetia94@gmail.com>, <sagrika7.uppal@gmail.com>, Renu Vashisht <renu.vashisht@vips.edu>, <alpna@vips.edu>, Sunil Mishra <sunil.mishra@vips.edu>, dhruv.srivastava77@gmail.com <dhruv.srivastava77@gmail.com>, kctripathi@mait.ac.in <kctripathi@mait.ac.in>, <director@msit.in>, piyushkumar5698@gmail.com <piyushkumar5698@gmail.com>, mdniy.nss.cell@gmail.com <mdniy.nss.cell@gmail.com>, prashantnigs108@gmail.com <prashantnigs108@gmail.com>

Cc: Varun Joshi <varun.joshi@ipu.ac.in>

Dear All,

Please find the enclosed.

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**With Warm Regards,**  
**Prof. Varun Joshi**  
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Sector - 16C, Dwarka, New Delhi-110078  
Contact Details:  
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9971122817 (M)

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

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

Date: Thu, Jun 8, 2023 at 3:26 PM

Subject: Action Plan for International Day of Yoga-2023- reg.

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Sir,

Kindly see the attachment.

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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

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**Action Plan for IDY 2023.pdf**

319K

F.No. P.29/NSS/RDD/2022-2023/49  
Government of India  
Ministry of Youth Affairs & Sports  
**Regional Directorate of NSS**  
Ground Floor, Shivaji Stadium  
New Delhi-110001.

Dated:- 08.06.2023

To,

The State NSS Officer,  
NCT of Delhi, UT of Jammu & Kashmir, Ladakh and Haryana State.

**Sub:- Action Plan for International Day of Yoga-2023- reg.**

Sir/Madam,

As you are aware, that International Day of Yoga is being celebrated every year by all the NSS Units across the country. The theme of International Yoga Day 2023 is “Humanity.” Yoga Day celebrations aim to create awareness about the holistic nature of yoga and encourage people to incorporate it into their daily lives for enhanced well-being.

The International Day of Yoga 2023 will be observed by all NSS units, Universities, Colleges & Schools on 21<sup>st</sup> June in a befitting manner.

To disseminate information on International Day of Yoga, the following events are planned at NSS Units level & University level.

- Yoga Day Mass Demonstration at Universities/Colleges/Schools.
- Yoga Awareness Rallies at Universities to generate public awareness on Yoga.
- Yoga Demonstration & Yoga Lectures at Institution.
- Yoga Poster Making competitions.
- Yoga Demonstration Competition among students.
- IDY Quiz Competition : <http://quiz.mygov.in/quiz/international-day-of-yoga-2023-quiz-2-0/>
- **Y-Break at College/Schools and familiarize the concept of Y break** (Y-Break is a five-minutes Yoga protocol, especially designed for working professionals to de-stress, refresh and re-focus at their workplace to increase their productivity, which consists of Asanas, Pranayam and Dhyana).

- Yoga pledge <http://pledge.mygov.in/integrate-yoga-lifestyle/>
- Yoga with My Family & post a photo in social Media amplify the impact of Yoga Day in social Media platforms.
- The SNO and Programme Coordinators NSS, requested to ensure registration of all the Volunteers registered as Yuva on Yuva portal. (<https://yuva.gov.in/yuva-register>)

In this regard, it is requested to issue the necessary instructions to all the NSS units under your jurisdiction to adhere to the above mentioned points and submit a brief report along with the videos/ photographs of NSS Volunteers performing Common Yoga Protocol and Yoga Asanas, to our office email- [nssrcdelhi@gmail.com](mailto:nssrcdelhi@gmail.com) for sharing it to Ministry of AYUSH and creation of social media buzz.

Yours faithfully,



(Jangjilong)  
Regional Director

Copy to:-

1. All Programme Coordinator having NSS in NCT of Delhi, UT of Jammu & Kashmir, UT of Ladakh and Haryana State for necessary action.