

F.No.P-24-1/NSS/DTE/2024/920-936
Government of India
Ministry of Youth Affairs & Sports
Directorate of NSS
Shivaji Stadium, New Delhi-110001

Dated: 12 June, 2024

To,
Regional Director,
All Regional Directorates of NSS

Sub: Observation of International Day of Yoga (IDY)-2024 -reg.

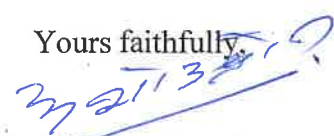
Sir,

With reference to subject cited above, it is to inform you this year International day of Yoga (IDY) 2024 will be observed on the theme “**Yoga for Women Empowerment**” at all NSS units, Universities, Colleges & Schools on 21st June, 2024 in a Befitting manner. The suggestive activities are as under:-

1. Common Yoga protocol practice.
2. Yoga Day Mass Demonstration at Universities/Colleges/Schools.
3. Yoga Awareness Rallies at Universities to generate public awareness on Yoga.
4. Yoga Demonstration & Yoga Lectures at Institution.
5. Yoga Workshops.
6. Yoga Poster Making competitions.
7. Yoga Demonstration Competition among students.
8. 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, consists of Asanas, Pranayam and Dhyana).
9. Yoga pledge.
10. Creation of events on MY Bharat Portal.
11. Yoga at home & with Family and post a photo in social Media.

In this connection you are requested to issue necessary instructions to the field units to ensure all to create events on My Bharat Portal. You may also create the buzz on IDY through Social Media and submit photos as well as reports to the Directorate of NSS. Post the same in social media handles like Facebook, Twitter and Youtube of your office after the IDY is organized. Further, you are requested to periodically check the Ministry of AYUSH website (<https://www.ayush.gov.in>) for any update in this regard. The Google Sheet will be sent to you shortly.

Yours faithfully,


(Dr. Ashok Kumar shroti)
Deputy Programme Adviser

Copy:

1. Director, National Service Scheme, Government of India, Ministry of Youth Affairs & Sports, Shastri Bhawan, New Delhi.
2. Under secretary, National Service Scheme, Government of India, Ministry of Youth Affairs & Sports, Shastri Bhawan, New Delhi.