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भारत सरकार

Government of India

युवा कार्यक्रम और खेल मंत्रालय

Ministry of Youth Affairs & Sports



क्षेत्रीय निदेशालय राष्ट्रीय सेवा योजना
REGIONAL DIRECTORATE OF N.S.S.

#57/190. R.V. Road, Basavanagudi
BANGALORE - 560 004

F.No.22.NSS/ KAR/ YD/2025-26/1122 - 1198

Date : 11.06.2025

To

All NSS Programme Coordinators,
Karnataka.

Subj.: Observance of International Day of Yoga - 21st June, 2025 - reg.

Sir/Madam,

I am directed to refer to the subject cited above and to state that the **International Day of Yoga is to be observed on 21st June, 2025**. Following the declaration by the United Nations to promote awareness about the benefits of practicing yoga for physical and mental well-being.

In this regard, all **NSS Programme Coordinators** are requested to take necessary steps to observe the **International Day of Yoga 2025** in a meaningful manner across all NSS units under their purview. Suggested activities include:

- **Mass Yoga Demonstration as per the Common Yoga Protocol (CYP)**
- **Workshops, seminars, expert talks, and interactive sessions on yoga**
- **Essay, quiz, poster, and slogan competitions on yoga-related themes**
- **Door-to-door and community awareness campaigns**
- **Social media engagement and digital campaigns**

You are further requested to share this information with all NSS Programme Officers under your jurisdiction and encourage active participation from NSS volunteers.

Additionally, all activities undertaken as part of Yoga Day celebrations must be **uploaded on the MY Bharat Portal** for proper documentation and visibility. Programme Officers may ensure timely and accurate reporting on the portal.

A **brief report**, along with **photographs and video links**, may also be submitted to the this office by Mail.

Yours Faithfully,

GIRDHAR UPADHYAY
Regional Director

Copy to:

1. NSS State Officer, Govt. of Karnataka, Bangalore – for necessary action.