

सहसंचालक, तंत्रशिक्षण विभागीय कार्यालय, नागपूर

शा.शिक्षण तंत्रनिकेतन परिसर, सदर, नागपूर.
दुरध्वनी क्र.-२५७२५६
फॅक्स क्र. ०७१२२५६६६३
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क्रमांक :- तंत्रशिक्षण/शैवि/पदवीका/रा.से.यो./२०१९/१७७१
दिनांक:-

12 JUN 2019

प्रति,

प्राचार्य,

सर्व पदविका तंत्रनिकेतन संस्था,
नागपूर विभाग, नागपूर.

विषय:- राष्ट्रीय सेवा योजना अंतर्गत तंत्रशिक्षण संचालनालयाच्या अधिपत्याखालील सर्व तंत्रनिकेतनामध्ये दि. २१जून
आंतरराष्ट्रीय योग दिवस साजरा करणेबाबत.

संदर्भ:- संचालनालयाचे पत्र क्र.९(२)/रासेयो/२०१९/१६८, दि.११/०६/२०१९

उपरोक्त विषयवर्तित संदर्भिय पत्रान्वये कळविण्यात येते की, नागपूर विभागांतर्गत ज्या पदविका अभियांत्रिकी अभ्यासक्रमाच्या संस्थामध्ये राष्ट्रीय सेवा योजना (NSS) राबविण्यात येत आहे, अशा संस्थाकडून दि. २१जून आंतरराष्ट्रीय योग दिवस साजरा करणेबाबत आपल्या संस्थेमध्ये काही कार्यक्रम तसेच याबाबत काय पूर्व तयारी करण्यात आलेली आहे, याबाबतचा अहवाल तात्काळ या कार्यालयास सादर करण्यात यावा.

तथापि आपल्या संस्थेमध्ये साजरा करण्यात आलेल्या दि. २१जून आंतरराष्ट्रीय योग दिवसाच्या कार्यक्रमाचा अहवाल सोबत जोडलेल्या विवरणपत्रात आवश्यक कागदपत्रासह या कार्यालयास सादर करण्यात यावा.

सहपत्र:-वरीलप्रमाणे



(डा. चंद्रशेखर थोरात)

प्र.सहसंचालक

तंत्रशिक्षण विभागीय कार्यालय,

नागपूर

महाराष्ट्र शासन

उच्च व तंत्र शिक्षण विभाग, मंत्रालय.

एलफिन्स्टन तंत्र विद्यालय परिसर, 3 महापालिका मार्ग, धोबी तलाव, मुंबई-४००००१.
ई-मेल- nssmantra@ataya@gmail.com

दूरध्वनी क्र. ०२२-२२६७९५६५.

क्रमांक: रासेयो-२०१९/प्र.क्र.७९/साशि-७

दिनांक: ११.०६.२०१९.

आत्यंत तातडीचे

बैठक दि. १३.०६.२०१९ रोजी दु.१२:०० वा.

प्रति,

कार्यक्रम समन्वयक तथा संचालक,

राष्ट्रीय सेवा योजना,

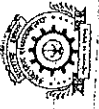
सर्व विद्यापीठे/संचालनालये

विषय- जागतिक योग दिवस साजरा करण्यासंदर्भात मा. मंत्री (उच्च व तंत्र शिक्षण)
महोदयांनी बोलवलेली पूर्व तयारी बैठक.

दि. २१.०६.२०१९ हा जागतिक योग दिवस साजरा करायचा असल्यामुळे, त्याची पूर्वतयारी बैठक, मा. मंत्री (उच्च व तंत्र शिक्षण) महोदय यांच्या अध्यक्षतेखाली दि. १३.०६.२०१९ रोजी, दुयारी १२:०० वाजता, सिडनहॅम महाविद्यालय, चर्चगेट येथे आयोजित करण्यात आली आहे. तरी आपण सदर बैठकीस उपस्थित रहावे. बैठकीसाठी येण्या-जाण्याचा प्रवास खर्च राष्ट्रीय सेवा योजना प्रशासकीय खर्चातून भागविण्यात यावा.

(डॉ. अतुल ह. साळुंके)

राज्य संपर्क अधिकारी/विशेष कार्य अधिकारी.



तंत्रशिक्षण संचालनालय, महाराष्ट्र राज्य,

3, महापालिका मार्ग, पत्रपेटी क्र. 1967, मुंबई 400 001.

दूरध्वनी : 2620601, 2690602, 2641150/51

फॅक्स : 2692102, 269007

तार : EDUTECH E-mail:- desk9@nte.org.in Web:- http://www.dte.org.in

तात्काळ/कालमर्यादित

क्रमांक = 9(2)/ससेयो/2019/966

दिनांक - 11 JUN 2019

प्रति,

सहसंचालक

तंत्रशिक्षण विभागीय कार्यालय

मुंबई, पुणे, नाशिक, औरंगाबाद

अमरावती व नागपूर

विषय - राष्ट्रीय सेवा योजना अंतर्गत तंत्रशिक्षण संचालनालयाच्या अधिपत्याखालिल सर्व तंत्रनिकेतनांमध्ये दि.21 जून आंतरराष्ट्रीय योग दिवस साजरा करणेबाबत संदर्भ - 1) शासन पत्र क्र.रासेयो-2017/प्र.क्र.68/साशि-7 दि.31-5-2019

उपरोक्त विषयाबाबत शासनाच्या वरील संदर्भीय पत्रानुसार शासनाने सुचित केलेले आहे की, राष्ट्रीय सेवा योजना तंत्रशिक्षण संचालनालयाच्या अधिपत्याखालिल सर्व तंत्रनिकेतनांमध्ये दि.21 जून आंतरराष्ट्रीय योग दिवस साजरा करण्यात यावा. याबाबत आपल्या अधिपत्याखालिल तंत्रनिकेतनांमध्ये काही कार्यक्रम व पूर्व तयारीसाठी योजना तयार करण्यात आलेल्या असतील त्याबाबत या संचालनालयास तात्काळ ई-मेलव्दारे (desk9@dtmaharashtra.gov.in) सादर करण्यात याव्यात. सदरहू योग दिवस साजरा करण्याबाबतचे केंद्र शासनाने परिपत्रक याअगोदरच आपणांस ई-मेल व्दारे पाठविण्यात आलेले आहे.

याबाबत आपणांस कळविण्यात येते की, मा.मंत्री महोदयानी दि.13 जून 2019 रोजी आंतरराष्ट्रीय योग दिवस पूर्व तयारी बैठक आयोजित केलेली आहे.



(सौ. सुरेश गोसावी)
नियोजन अधिकारी,
तंत्रशिक्षण, म.रा.मुंबई



सत्यमेव जयते



स्वच्छ भारत
एक कदम स्वच्छता की ओर

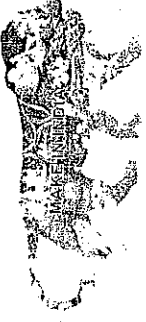
वैद्य राजेश कोटेचा

Vaidya Rajesh Kotecha

सचिव

भारत सरकार

आयुर्वेद, योग व प्राकृतिक चिकित्सा
यूनानी, सिद्ध, सोवा रिग्पा एवं होम्योपैथी (आयुष) मंत्रालय
आयुष भवन, 'बी' ब्लॉक, जी.पी.ओ. कॉम्प्लेक्स,
आई.एन.ए. नई दिल्ली-110023



SECRETARY

GOVERNMENT OF INDIA

MINISTRY OF AYURVEDA, YOGA & NATUROPATHY

UNANI, SIDDHA, SOWA-RIGPA AND HOMOEOPATHY (AYUSH)

AYUSH BHAVAN, B-BLOCK, GPO COMPLEX

INA, NEW DELHI-110023

Tel.: 011-24651950, Fax : 011-24651937

E-mail : secy-ayush@nic.in

D.O.No. M-16011/15/2019-Y&N(Pt. I)

Dear Secretary,

Dated: 30th May, 2019

We are just a few weeks away from the International Day of Yoga (IDY)-2019, which falls on 21st June, 2019. I am writing to seek your valuable support in this national effort. The Ministry of AYUSH has been mandated with the task of promoting Yoga among people from all walks of life because of its health promotive potential.

2. Based on meeting of Committee of Secretaries (CoS) held in Cabinet Secretariat on 16.05.2019 and the various suggestions given by Yoga Institutes in the Inter-Ministerial Meeting organized by Ministry of AYUSH on 13.05.2019, it was decided to start a daylong event along with Mass Yoga Demonstrations based on the Common Yoga Protocol (CYP) on 21.06.2019 from 7:00 AM to 8:00 AM on the occasion of IDY called "**Festival of Yoga and Wellbeing**". This "Festival" will make IDY a more inclusive event. A concept note on the "Festival", which incorporates suggested action points, is enclosed for your perusal.

3. The Government's aim is to make Yoga an integral part of the citizens' lifestyle and thereby secure a healthy life for all. This Ministry feels that the "Festival of Yoga and Wellbeing" is an important step in this direction. I therefore request your whole-hearted support to celebrate this "Festival" on 21.06.2019. I would be grateful if urgent steps are caused in this direction, considering that we have very limited time ahead of IDY -2019.

With regards,

Yours sincerely

(Rajesh Kotecha)

To,

All Secretaries to the Government of India

ACTION PLAN OF CELEBRATION OF INTERNATIONAL DAY OF YOGA ON JUNE 21ST 2019 BY THE NSS ORGANISATION

Unlike Last year 21st June 2018 was celebrated as International Day of Yoga by the various NSS Units in the country in a big way. This year also, NSS organization plans to celebrate the International Day of Yoga on 21st June, 2019 in the befitting manner. Following instructions are to be followed by all the Regional Directorate of NSS.

The following activities/programmes will be conducted by various NSS units in the country to celebrate the **International Day of Yoga on 21st June, 2019:**

- A workshop on Yoga will be conducted in all the Universities having NSS, which will be followed by demonstration and performance of series of Yog-Asanas.
- Rallies , Seminars, Street plays , workshop & any other activities to make awareness about importance of Yoga among community are to be organised by universities/+2 Council and NSS units/Institutions in region
- Mass Yoga Demonstration based on Common Yoga Protocol on 21st June,2019 from 7.00 to 8.00 AM on the occasion of IYD called" Festival of Yoga and Wellbeing" . Activities suggested in the guidelines of Festival of Yoga and Wellbeing 2019 attached herewith.
- All the NSS Units will perform the Yog-Asanas in their campuses to mark the occasion on 21st June, 2019. All the Special Camping programmes will have a component of performance of Yog-Asanas.
- The day will start with the performance of Yog-Asanas in all the National Level programmes, like Pre- Republic Day Parade Camps, Republic Day Parade Camp, National Youth Festival, National Integration Camp etc. being conducted by the NSS units all over the country.
- Rallies will be organised in all the capitals by the NSS volunteers to make the people aware about the benefits of Yog-Asanas and to motivate for living a healthy life

NATIONAL SERVICE SCHEME

International Day of Yoga, 21st June, 2019

Name of State:

Sl. No.	Name of the Activities/Programme	No. of Activities/Programme in University/+2 Council	Total No. of Universities/+2 Council Participated	Total No. of Colleges/Schools Participated	Total No. of Units	No. of NSS Volunteers Participated in Activities/Programme			Total No. of Youth/Others participated in Activities/Programme	Total Number of Participation
						Male	Female	Total		
1	Workshops									
2	Universities/+2 Council or Colleges/School-Level Rallies									
3	Seminars									
4	Debates									
5	Nukkar Natak/Street Plays Organised									
6	Any Other Activity									
	Total									

NSS Programme Coordinator
University/+2 Council

E. No. P-52.1/CDN/SS/DTE/2019/1220-1236

Government of India
Ministry of Youth Affairs and Sports
Directorate of NSS
12/11, Jammagar House
New Delhi - 110011

Dated: 29.05.2019

To

The Regional Directors
All Regional Directorates of NSS

Sub: Celebration of International Day of Yoga on 21st June, 2019- reg.


I am to forward herewith Ministry of AYUSH letter F.No.S.11012/15/2019-YN dated 14th May, 2019 appended by CDN letter F.No.J-17011/3/2018-CDN dated 17th May, 2019 on the subject cited above and to request your kind office to observe the International Day of Yoga on 21st June, 2019 as per the Action Plan enclosed herewith.

Besides, like previous years, all NSS units may also organize Workshops, Rallies, Seminars, Debates, Nukkad Natakas and Street Plays followed by demonstration on Common Yoga Protocol (CYP) by inviting Yoga experts.

The action taken report along with the action photographs of the Yoga activities undertaken should be submitted to the office of the undersigned on or before 25th June, 2019 for onward submission to the Ministry.

Enclosed: As Above

Your faithfully,


(R. Gokulakrishnan)
Assistant Programme Adviser

Copy to:

1. Director NSS, Shastri Bhawan, New Delhi for information.
2. Under Secretary, NSS Section, Shastri Bhawan, New Delhi for information.

F.No.J-17011/73/2018-CDN
Government of India
Ministry of Youth Affairs and Sports
Department of Youth Affairs
(CDN Section)

New Delhi, dated 17th May, 2019.

- To
1. The Director General,
Nehru Yuva Kendra Sangathan,
4, Jeevan Deep Building,
Parliament Street, New Delhi-01
 2. The Director,
Rajiv Gandhi National Institute of Youth Development
Sriperumbudur, Tamil Nadu-602105.
 3. The Director,
National Service Scheme, Directorate of NSS,
Jammagar House Hutments, New Delhi.

Subject : Celebration of International Day of Yoga on 21st June, 2019.

Sir,

I am directed to forward herewith a copy of the Action Plan for celebrating "International Day of Yoga" on 21.06.2019 in respect of Department of Youth Affairs for information and necessary action.

2. Further, NYKS is requested to make necessary arrangements for organising Yoga activities for the officials of the Ministry as well as their own employees in different time schedule.
3. All organisations are requested to submit action taken report along with photographs of the Yoga activities being organised by field officers/universities so as to reach the Ministry by 28th June, 2019.

This issues with the approval of the Competent Authority.

Yours faithfully,


(N.A. Sreejit)
Under Secretary to the Government of India

Encl: As above

Copy to:

1. US(NYKS)
2. US(NSS)
3. US(RGNYD)
4. Dir(Admin)/US(Admin)-in respect of main secretariat.

MLK

for necessary information



for necessary information

Festival of Yoga and Wellbeing 2019

[On the occasion of International Day of Yoga 2019]

At present the centre-piece of the IDY observation is the standardised Mass Yoga Demonstration drill. This is held uniformly in thousands of venues across the country at 7.00 AM on 21st June every year, and the demonstrations are based on the common Yoga Protocol (CYP). However, in order to make IDY a more inclusive event, it is decided to have a "Festival of Yoga and Wellbeing" on the Day, and to spread the activities across the entire day, as part of the "Festival".

2. While there is no doubt that Mass Yoga Demonstrations based on CYP is the best way to tap the public-health potential of the IDY event, the additional activities in a "festival" mode will appeal more to those who are yet to be initiated into yoga, and inspire them to learn about yoga. This will make the entire IDY observation more flexible and more inclusive.

3. Suggested Activities for the festival: The focus of the "festival" can be activities other than Mass Yoga Demonstrations, so that the space requirement is reduced. Consequently, such events can be held in covered venues like auditoriums, where a large number of people can participate, thus minimising the possibility of disruptions by rain. An atmosphere of festivity can be created using elements of song, drama etc. It may be noted that the "festival" activities are expected to be scheduled after the early morning activity based on CYP is over. A list of suggested activities for the "Festival" is given at Annexure I.

4. Timings of Festival Activities: Such events can be scheduled at any time during the day on 21st June, after the conclusion of the CYP based activities in the morning. This would give flexibility to accommodate the convenience of the wider audience including senior citizens and the less-abled.

5. The target audience: The target audience can be those segments of population which have not yet become regular practitioners of Yoga.

6. Objectives: An effort can be made to use these activities to attract the youth and children to Yoga. The contemporariness of yoga and its health benefits can be projected. Role of Yoga in education sector can be explored through these festivals by targeting children and young people.

7. Yoga at work place: Avenues of Yoga in work place can be explored of conducting this day-long festival in most of the organizations (Govt., PSUs and Private firms) on Voluntary basis. Aspects of increase in employee productivity,

decrease in stress and anxiety in the work place, improved employee health and wellbeing, etc. through Yoga can be highlighted in the festival.

8. By organizing "Festival of Yoga and Wellbeing" role of Yoga in the health care sector can be highlighted by show-casing the positive effects of Yoga in promotion of health and prevention of certain diseases. Various studies have already shown positive effects of Yoga in managing stress-related disorders, respiratory allergies, anxiety neurosis, diabetes, coronary heart disease, and rehabilitation of disabled.

9. The Ministry of AYUSH seeks the support and involvement of all stakeholders for the 'Festival of Yoga and Wellbeing', and to take it up on June 21, 2019 in their respective centres/ spheres of activity in a befitting manner, and to strive to ensure maximum participation in the same.

Annexure I

Suggested activities for "Festival of Yoga and Wellbeing"

The following activities can be organized as a part of "Festival of Yoga and Wellbeing" in addition to Common Yoga Protocol:-

- I. Various competitions with focus on highlighting the potential health benefits of adopting Yoga in day-to-day lifestyle can be conducted across various venues. The competitions can be:
 - a) Slogan Competition.
 - b) Article Writing Competition.
 - c) Poster making Competition.
 - d) Quiz Competition.
 - e) Music and group dance Competitions on Yoga theme.
- II. Yoga themed songs can be played in the event venues.
- III. Various cultural events can be conducted.
- IV. "Flash mob" in prime locations like historical monuments, malls, airports etc. can be organised.
- V. Lectures, workshops and various other education programmes on the health benefits of Yoga can be delivered through media.