

UNIVERSITY OF MUMBAI
NATIONAL SERVICE SCHEME



Web site- www.nssmu.org.in
Tel. - 2287 3696
Vidyapeeth Vidyarthi Bhavan,
2nd Floor, 'B' Road, Churchgate,
Mumbai - 400 020.
No. NSS/113 /2018-2019.
Date:- 29/05/2018

To,
The Principal of Colleges having NSS Unit.

Subject:- Celebration of International Yoga Day on 21st June 2018 reg...

Dear Sir / Madam,

With reference to above subject, as per the communication received from Ministry of Youth Affairs & Sports, New Delhi, 21st June is to be celebrated as International Yoga Day.

A suggestive action plan received from the Ministry is as follow...

- 1) Workshop on Yoga at College level on Yoga Day with demonstration & performance of Yog-Asanas.
- 2) Performance of Yog-Asanas in the campus by NSS Units to mark the occasion of Yoga Day.
- 3) Rallies in the College Campus / Adopted Area / City by NSS Volunteers for awareness about benefits of Yog-Asanas and to motivate for living a healthy life.
- 4) All the Special Camp / Residential Camp programmes will have a component of performance of Yog- Asanas.

It is requested to organise Programme to observe International Yoga Day on 21st June 2018 by all NSS Units. You may involve the organisation/ NGO of your area specialised in Yoga for the same. Kaivalyadham Yoga Centre, Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, Patanjali Yoga Centre, etc. may be involved in this programme.

University Level Common Yoga Protocol Workshop & Celebration of International Yoga Day will be organised at University Sports Complex, Vidyanagri Campus, Santacruz.

A brief report on the activities carried on International Yoga Day as per below proforma to be sent to the respective NSS District Co-ordinator with action photographs, news clipping. The NSS District Co-ordinators are requested to compile the activity data/report received from the College NSS units of your jurisdiction and be forward to undersigned for onward transmission to Ministry.

Total No. of Colleges Participated	Total No. of Units	Nature of activities	Total No. of NSS Volunteers Participated	Total No. of Local Youth /others Participated	Total Number of Participation

Looking forward for your co-operation.

With regards,

Yours sincerely,

Prof. B.S. Bidve,

NSS Programme Co-ordinator.

- C.C. to 1) Regional Director, Regional Directorate of NSS, Pune.
2) Dr. Atul Salunke, State NSS Officer, Govt. of Maharashtra.