

UNIVERSITY OF MUMBAI  
NATIONAL SERVICE SCHEME



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Mumbai – 400 020.  
No. NSS/ 194 /2015-2016.  
Date : 27/05/2015.

To,  
The Principals of all Colleges having NSS Unit/s.

Dear Sir/ Madam,

Yoga is an integral part of our culture and human life style. It has been used by man since ancient times for upkeep of mental and physical fitness. Today we are living a modern and scientific life style with heavy burden of knowledge and mental stress.

To improve the mental and physical standards of modern youth, it is necessary to give ancient wisdom and scientific knowledge of Yoga to our youth.

The 69<sup>th</sup> Session of the United Nations General Assembly (UNGA) adopted by accepting draft resolution for observing the International Day of Yoga on 21<sup>st</sup> June each year. The idea for declaring an International Day of Yoga at United Nations was formally proposed by the Hon'ble Prime Minister of India, in his maiden address to the 69<sup>th</sup> UNGA. The Government of India has decided to give practical effect to the resolution by ensuring that the First International Day of Yoga is commemorated in a befitting manner on 21<sup>st</sup> June, 2015.

You are, therefore, requested to kindly observe International Day of Yoga on 21<sup>st</sup> June, 2015 by organising various activities for promotion of YOGA in your college and send report with some photographs. If possible, you are also requested to distribute literature (IEC Material) on yoga to students. You may collect the IEC material available at the office of respective District Collector for the distribution to participants & general public.

The University Level programme on Celebration of International YOGA Day will be organised at Sports Complex, University of Mumbai, Vidyanagri Campus on 21<sup>st</sup> June 2015, with practice session on 17<sup>th</sup> & 19<sup>th</sup> June 2015. The details of the programme will be circulated through the respective NSS District Co-ordinator with regards to participation of NSS Volunteers in the above programme.

You are requested to kindly organise the activities on International Yoga Day in your College & report, photographs be sent to University NSS Cell. The Mumbai & Suburb Colleges are requested to participate in the University Level Programme on 17<sup>th</sup>, 19<sup>th</sup> and 21<sup>st</sup> June 2015 as per the direction of respective NSS District Co-ordinator.

With regards,

Yours faithfully,

Prof. B.S. Bidve

NSS Programme Co-ordinator