

UNIVERSITY OF MUMBAI
NATIONAL SERVICE SCHEME



Web site- www.nssmu.org
Vidyapeeth Vidyarthi Bhavan,
2nd Floor, 'B' Road, Churchgate,
Mumbai – 400 020.
No. NSS/ECD/2023-2024/60
Date: 07.06.2023

To,
The Principal of Colleges affiliated to University of Mumbai having NSS Unit/s.

Sub:- Celebration of International Yoga Day 2023 reg...

Dear Sir / Madam,

Please find attached herewith the Action Plan of International Day of Yoga for 2023 received from the Ministry of Youth Affairs & Sports New Delhi.

It is requested to kindly ensure the organization of various activities by all College NSS units on 21st June 2023 in a befitting manner. To disseminate information on a International Yoga Day Action Plan for the event to be planned at every NSS Unit.

The Colleges NSS Units are requested to kindly circulate the action Plan for International Yoga Day 2022 among all the NSS Volunteers and ensure maximum participation of NSS volunteers in the activities. All College NSS Unit requested to ensure organisation of following activities for International Yoga Day by NSS units in their jurisdiction.

1. Yoga Day Mass Demonstration at Universities/Colleges/Schools.
2. Yoga Awareness Rallies at Universities to generate public awareness on Yoga.
3. Yoga Demonstration & Yoga Lectures at Institution.
4. Yoga Poster making competitions.
5. Yoga Demonstration Competition among students.
6. IDY Quiz Competition: <http://quiz.mygov.in/quiz/international-day-of-yoga-2023-quiz-2-0/>
7. 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 refocus at their workplace to increase their productivity, consists of Asanas, Pranayam and Dhyana).
8. Yoga pledge <http://pledge.mygov.in/integrate-yoga-lifestyle/>
9. Yoga with My Family & post a photo in social Media amplify the impact of yoga Day in social Media platforms.

Information, Photos, Video, a brief report on activities undertaken from April to June 2022 by College NSS units online / offline mode may please be shared by email / through WhatsApp group to NSS RD Pune & State NSS Cell as well as same to be shared on social media handles.

Looking forward for your co-operation.

With regards,

Mr. Sushil Shinde
OSD, NSS

Yours sincerely,

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Mr. Sudhir S. Puranik
Director, NSS.

C.C. to 1) The Regional Director NSS, NSS Regional Directorate, Pune.
2) The State Liaison Officer, NSS, Govt. of Maharashtra.

Action Plan of International Yoga Day- 2023

National Service Scheme (NSS)

The International Yoga Day theme 2023 Yoga Day will be observed at all NSS units, Universities, Colleges & Schools on 21st June in a Befitting manner.

To disseminate information on International Yoga Day the following events are planned at NSS units level & university level.

- Yoga Day Mass Demonstration at Universities/Colleges/Schools.
- Yoga Awareness Rallies at Universities to generate public awareness on Yoga.
- Yoga Demonstration & Yoga Lectures at Institution.
- Yoga Poster Making competitions.
- Yoga Demonstration Competition among students.
- IDY Quiz Competition : <http://quiz.mygov.in/quiz/international-day-of-yoga-2023-quiz-2-0/>
- **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).
- Yoga pledge <http://pledge.mygov.in/integrate-yoga-lifestyle/>
- Yoga with My Family & post a photo in social Media amplify the impact of yoga Day in social Media platforms.
- All Regional Directorate requested to ensure registration of all the Volunteers registered as Yuva on Yuva portal.