

UNIVERSITY OF MUMBAI  
NATIONAL SERVICE SCHEME



Web site- [www.nssmu.in](http://www.nssmu.in)  
Vidyapeeth Vidyarthi Bhavan,  
2<sup>nd</sup> Floor, 'B' Road, Churchgate,  
Mumbai – 400 020.  
No. NSS/ECD/2024-2025/75  
Date: 15.06.2024

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

Sub:- Celebration of International Yoga Day 2024 reg...

Dear Sir / Madam,

Please find attached herewith the Action Plan of International Day of Yoga for 2024 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 2024 in a befitting manner. To disseminate information on an 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 2024 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. Common Yoga Protocol practice
2. Yoga Day Mass Demonstration at Universities/Colleges/Schools.
3. Yoga Awareness Rallies at Universities to generate public awareness on Yoga.
4. Yoga Demonstration & Yoga Lectures at Institution.
5. Yoga Workshops.
6. Yoga Poster making competitions.
7. Yoga Demonstration Competition among students.
8. Y-Break at College/Schools and familiarize the concept of Y break. (Y-Break is a five-minute 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).
9. Yoga pledge.
10. Creation of events on MY Bharat Portal.
11. Yoga at home & with Family and post a photo in social Media.

In this connection all College NSS Units/ Programme Officers are requested to ensure organization of activities as suggested above on the occasion of International Day of Yoga i.e. on 21 Jun 2024 and create events on My Bharat Portal. You may also create the buzz on IDY through Social Media and submit photos as well as reports to this office through Email ([nssrcpune@gmail.com](mailto:nssrcpune@gmail.com)) and Whats app.

Looking forward for your co-operation.

Yours sincerely,

Mr. Sushil Shinde  
OSD, NSS

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