



सावित्रीबाई फुले पुणे विद्यापीठ

(पूर्वीचे पुणे विद्यापीठ)



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एम्.ए., पीएच.डी.

संचालक

राष्ट्रीय सेवा योजना

गणेशखिंड, पुणे - ४११ ००७

कार्यालय क्र. : ०२०-२५६२२६८८/८९

: ०२०-२५६२२६९०/९१

: ०२०-२५६२२६९२

: ०२०-२५६९७३४९

स्वातंत्र्याचा अमृत महोत्सव

संदर्भ : रासेयो/२०२२-२३/५६७

दि. १२/०४/२०२२

प्रति,
मा.प्राचार्य/संचालक,
रासेयो संलग्नित सर्व महाविद्यालये परिसंस्था,
पुणे, अहमदनगर व नाशिक जिल्हा,
सावित्रीबाई फुले पुणे विद्यापीठ.

विषय : “दि. ०१ एप्रिल ते २१ जून २०२२” दरम्यान आंतरराष्ट्रीय योग दिवसाच्या कृती
आराखड्याबाबत

महोदय,

युवा व खेल विभाग, मंत्रालय, नवी दिल्ली यांच्या निर्देशानुसार मा. क्षेत्रीय संचालक, रासेयो क्षेत्रीय संचालनालय, भारत सरकार, पुणे यांनी पाठविलेल्या पत्रानुसार “दि. ०१ एप्रिल ते २१ जून २०२२” दरम्यान योगासनांचे उपक्रम राबविण्यात यावेत, असे निर्देशित करण्यात आले आहे.

त्याप्रमाणे “दि. ०१ एप्रिल ते २१ जून २०२२” दरम्यान सोबत जोडलेल्या कृती आराखड्यानुसार आपल्या महाविद्यालयात रासेयो स्वयंसेवकांकरिता उपक्रमांचे आयोजन करण्यात यावे. सदर उपक्रम संपन्न झाल्यानंतर उपक्रमाचे फोटो व अहवाल त्वरीत nss_student_list@pun.unipune.ac.in या मेलवर “ आंतरराष्ट्रीय योग दिवस २०२२” या विषयासह पाठवण्यात यावा. कळावे, ही विनंती.

संचालक
राष्ट्रीय सेवा योजना

अधिक माहितीकरिता : आंतरराष्ट्रीय योग दिवसाचा कृती आराखडा

International Day of YOGA, 2022



Directorate of NSS
Department of Youth Affairs
Ministry of Youth Affairs and Sports



100 DAYS COUNTDOWN FOR IYD 2022 NSS

TIMELINE	LEVEL	ACTIVITY
13 th March-31 st March	Directorate of NSS	Preparation of Plan of Action for IYD , 2022
1 st April- 21 June	Regional Directorates and SNO Cells	<ul style="list-style-type: none">•Dissemination of IEC Material including CYP videos•Planning for the observation of IYD, 2022•Creating plan of social media campaign
1 st April-30 th April	University NSS Cells	<ul style="list-style-type: none">•Organisation of Workshops on CYP•Formation of various groups for live demonstration of Yogasan•Sensitisation of the volunteers by online trainings
7 th April- 20 June	Institutions having NSS Unit	<ul style="list-style-type: none">•Organisation of online / offline training / practice sessions following CYP•Identification of the venues for Yoga demonstration•Planning for the activities apart from live yoga demonstration
21 st June	All NSS Units	<ul style="list-style-type: none">•IYD celebration at Unit level .•Organisation of all online and offline activities•Organisation of other activities as per the action plan•Submission of the report



Action plan for IDY 2022 - NSS

- 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.
- All the NSS Units will perform the Yog-Asanas in their campuses to mark the occasion.
- 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 Integration Camp etc. being conducted by the NSS units all over the country.



Action plan for IDY 2022 - NSS

- Rallies will be organised in all the major venues by the NSS volunteers to make the people aware about the benefits of Yog-Asanas and to motivate for living a healthy.
- Yoga Awareness through Poster painting competition.
- Yoga Exercises and Poster Making
- Watching of Yoga Day Live telecast on Doordarshan.



Online activities

- Lecture on Yoga, panel discussion on importance of Yoga in today's era,
- Workshop, seminars on importance of Yoga by national level experts.
- Poster Making, Slogan Writing, Competitions on Yoga, Cultural Performances
- On the Importance of Yoga.
- Yoga Awareness on Yoga's importance through Doordarshan telecast.
- Online Quiz Competition on Yoga Day



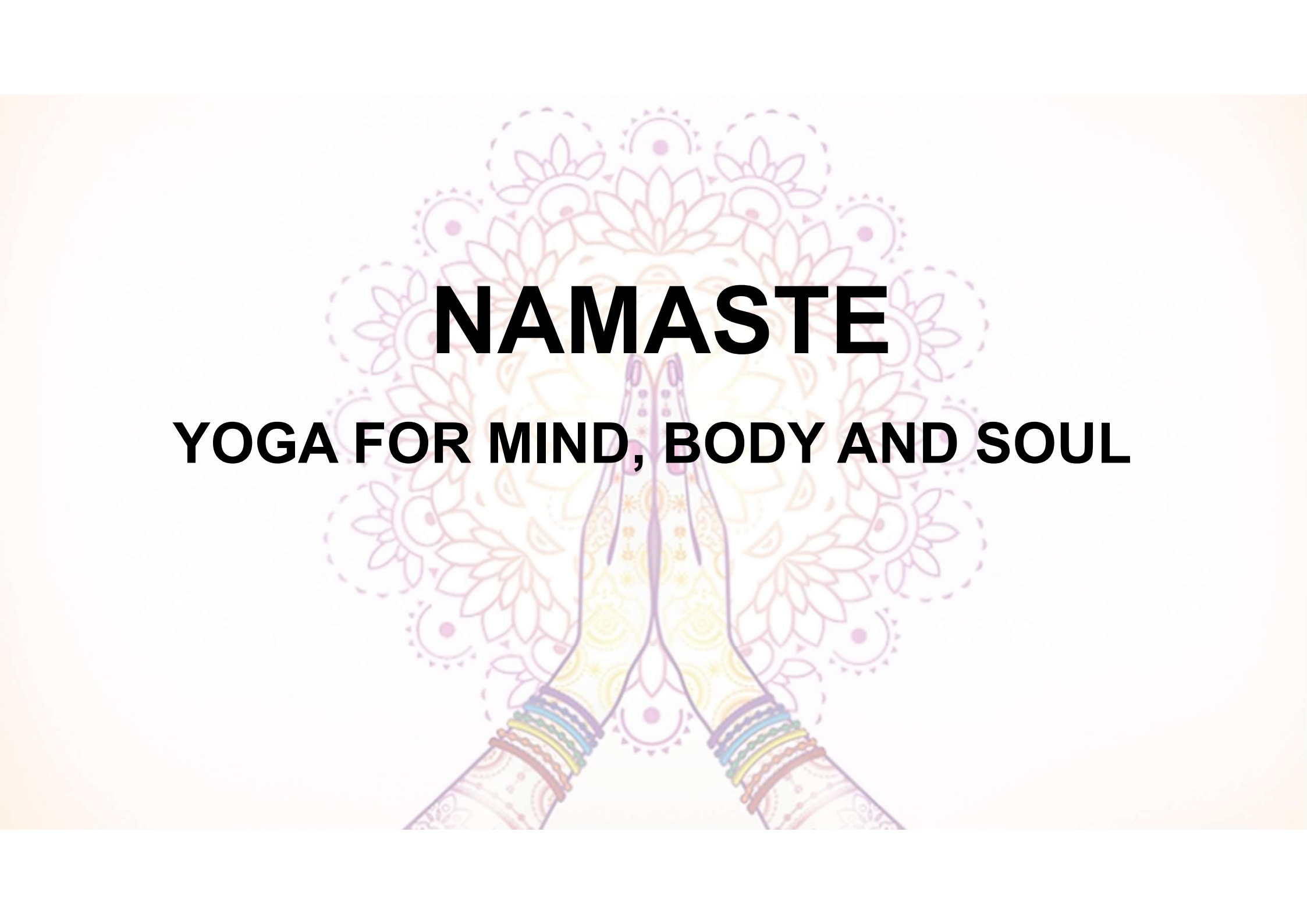
Activities to be carried out in IDY 2022

- Theme of IYD 2022: #Yoga for Wellbeing
- No of Universities to be involved: 650
- No of Councils and Directorates to be involved : 51
- No of Institutions to be covered: 24,000
- No of NSS Units to be involved: 30,000
- No. Of Online activities to take place: 8000
- Total number of volunteers and youth expected to participate : 20 lakh



Social Media Campaign

- Yoga Awareness will be spread on all social media platform .
- Updates of IYD 2022 will be shared from all handles / accounts
- Videos of practice of CYP will be uploaded regularly
- E posters, articles, AYUSH directives will be shared on the social media platforms
- Special emphasis will be given to the girl volunteers and the theme will be shared among all for maximum participation



NAMASTE

YOGA FOR MIND, BODY AND SOUL