



स्वातंत्र्याचा अमृत महोत्सव



सावित्रीबाई फुले पुणे विद्यापीठ

(पूर्वीचे पुणे विद्यापीठ)



प्रो. (डॉ.) सदानंद भोसले

एम्.ए., पीएच.डी.

संचालक (अतिरिक्त कार्यभार)

राष्ट्रीय सेवा योजना

गणेशखिड, पुणे - ४११ ००७

कार्यालय क्र. : ०२०-२५६२२६८८/८९
: ०२०-२५६२२६९०/९९
: ०२०-२५६२२६९२
: ०२०-२५६९७३४९

संदर्भ : रासेयो/२०२४-२५/७७

दि. १८/०६/२०२४

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

विषय : 'आंतरराष्ट्रीय योग दिवस' साजरा करण्याबाबत
महोदय,

युवा व खेल विभाग, मंत्रालय, नवी दिल्ली यांच्या निर्देशानुसार मा. क्षेत्रीय संचालक, रासेयो क्षेत्रीय संचालनालय, भारत सरकार, पुणे यांनी पाठविलेल्या पत्रानुसार शुक्रवार "दि. २१ जून २०२४" रोजी 'आंतरराष्ट्रीय योग दिवस' निमित्त योगासनांचे उपक्रम राबविण्यात यावेत, असे निर्देशित करण्यात आले आहे. तसेच यावर्षीचा आंतरराष्ट्रीय योग दिवस "महिला सक्षमीकरणासाठी योग" या संकल्पनेनुसार साजरा करण्यात यावा. त्यानुसार खालील प्रमाणे उपक्रम राबविण्यात यावेत.

१. बेसीक योगा सराव प्रात्यक्षिके यांचे आयोजन करावे.
२. योगा विषयावर तज्ञ व्यक्तींच्या व्याख्यानाचे आयोजन करावे.
३. योगा प्रात्यक्षिके व प्रशिक्षण शिबिराचे आयोजन करावे.
४. योगा संबंधित विविध स्पर्धांचे आयोजन करावे.
५. योगा बद्दल जनजागृती करण्याकरिता योग जनजागृती रॅलीचे आयोजन करण्यात यावे.
६. महाविद्यालयांमध्ये सामुहीक योग प्रतिज्ञाचे आयोजन करावे.
७. महाविद्यालयामध्ये योग कार्यशाळेचे आयोजन करून विद्यार्थ्यांच्या योग प्रात्यक्षिक स्पर्धांचे आयोजन करावे.

त्याचप्रमाणे दि. २१ जून २०२४ रोजी, सोबत जोडलेल्या पत्राचे अवलोकन करून आपल्या महाविद्यालयात रासेयो स्वयंसेवकांकरिता उपक्रमांचे आयोजन करण्यात यावे. तसेच या उपक्रमाबाबत फेसबुक, व्हाट्सअप व इतर सोशल मिडीयाच्या माध्यमातून जास्तीत जास्त प्रसिध्दी द्यावी व सदर उपक्रमांची माहिती त्वरीत My Bharat पोर्टलवर अपलोड करणे अनिवार्य आहे. तसेच उपक्रम संपन्न झाल्यानंतर उपक्रमाचे फोटो व अहवाल त्वरीत nss_student_list@pun.unipune.ac.in आणि nssrcpune@gmail.com या मेलवर "आंतरराष्ट्रीय योग दिवस २०२४" या विषयासह पाठवण्यात यावा. कळावे, ही विनंती.

संचालक

राष्ट्रीय सेवा योजना

अधिक माहितीकरिता : मा. क्षेत्रीय संचालक, रासेयो क्षेत्रीय संचालनालय, भारत सरकार, पुणे यांचे पत्र

भारत सरकार
युवा कार्य एवं खेल मंत्रालय
रा.स.यो. क्षेत्रिय निदेशालय, पुणे
(महाराष्ट्र एवं गोवा)



Government of India
Ministry of Youth Affairs & Sports
Regional Directorate of NSS, Pune
(Maharashtra & Goa)

By e-Mail

F.No. 29/7/NSS/RD-Pune/2024-25/ 467 - 523

Date: 13th Jun 2024

To,

The State NSS Officers
Maharashtra and Goa States

The Program Coordinators of
(Maharashtra and Goa states)

Subject: Observation of International Day of Yoga (IDY)-2024 - reg

Dear Sir/ Madam,

1. In reference to the following (copies attached for reference):-

(a) Government of India/ Ministry of Youth Affairs and Sports/
Directorate of NSS, New Delhi letter F.No. P. 24-1/NSS/DTE/2024/920-
936 dated 12th June 2024.

(b) DO letter jointly signed by Secretary (Department of Higher
Education) and Secretary (Youth Affairs), Government of India
J-17011/315/2024-MY BHARAT dated 12th June 2024.

2. With reference to subject cited above, it is to inform you this year
International day of Yoga (DY) 2024 will be observed on the theme "**Yoga
for Women Empowerment**" at all NSS units, Universities, Colleges &
Schools on **21st June, 2024** in a Befitting manner. The suggestive activities
are as under:-

- (i). Common Yoga protocol practice.
- (ii). Yoga Day Mass Demonstration at Universities/Colleges/Schools.
- (iii). Yoga Awareness Rallies at Universities to generate public
awareness on Yoga.
- (iv). Yoga Demonstration & Yoga Lectures at Institution.
- (v). Yoga Workshops.
- (vi). Yoga Poster Making competitions.
- (vii). Yoga Demonstration Competition among students.

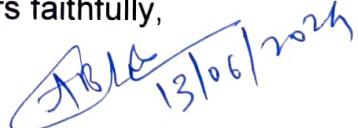
- (viii). Y-Break at College/Schools and familiarize the concept of Y break. (Y-Break is a five-minute Yoga protocol, especially designed for working professionals to de-stress, refresh and re-focus at their workplace to increase their productivity, consists of Asanas, Pranayam and Dhyana).
- (ix). Yoga pledge.
- (x). Creation of events on MY Bharat Portal.
- (xi). Yoga at home & with Family and post a photo in social Media.

3. In this connection all Programme Coordinators are requested to issue necessary instructions to the NSS units under their jurisdiction 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) and Whats app**. It is also requested to post the photos of International Yoga Day in social media handles like Facebook, Twitter and YouTube of your Universities after the IDY is organized. *You are also requested to periodically check the Ministry of AYUSH website (<https://www.ayush.gov.in>) for any update in this regard.*

4. Further, a **DO letter** jointly signed by **Secretary, Department of Higher Education and Secretary, Department of Youth Affairs, Government of India** is also attached herewith for reference and dissemination among NSS functionaries under your jurisdiction.

Regards,

Yours faithfully,


(AJAY B. SHINDE)
Regional Director-NSS

Copy to:-

1. The Director, NSS, Ministry of Youth Affairs & Sports, Government of India, Shastri Bhavan, New Delhi-110 011 – for information please.

F.No.P-24-1/NSS/DTE/2024/920-936
Government of India
Ministry of Youth Affairs & Sports
Directorate of NSS
Shivaji Stadium, New Delhi-110001

Dated: 12 June, 2024

To,
Regional Director,
All Regional Directorates of NSS

Sub: Observation of International Day of Yoga (IDY)-2024 -reg.

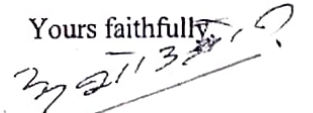
Sir,

With reference to subject cited above, it is to inform you this year International day of Yoga (IDY) 2024 will be observed on the theme "**Yoga for Women Empowerment**" at all NSS units, Universities, Colleges & Schools on 21st June, 2024 in a Befitting manner. The suggestive activities are as under:-

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-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).
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 you are requested to issue necessary instructions to the field units to ensure all to 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 the Directorate of NSS. Post the same in social media handles like Facebook, Twitter and Youtube of your office after the IDY is organized. Further, you are requested to periodically check the Ministry of AYUSH website (<https://www.ayush.gov.in>) for any update in this regard. The Google Sheet will be sent to you shortly.

Yours faithfully,



(Dr. Ashok Kumar shroti)
Deputy Programme Adviser

Copy:

1. Director, National Service Scheme, Government of India, Ministry of Youth Affairs & Sports, Shastri Bhawan, New Delhi.
2. Under secretary, National Service Scheme, Government of India, Ministry of Youth Affairs & Sports, Shastri Bhawan, New Delhi.

K. Sanjay Murthy
Secretary
Department of Higher Education



Meeta Rajivlochan
Secretary
Department of Youth Affairs

D.O. No. J-17011/315/2024-MY BHARAT

12th June, 2024

Dear Secretary,

The MY Bharat portal has been launched as an institutional mechanism for use by anyone to improve their youth outreach and their ability to build capacities of youth. As knowledge institutions, schools and colleges are ideally placed to benefit from this mechanism. Experiential learning activities and volunteering for community service, are recognized as standard tools through which youth can improve their team-building, problem-solving and communication skills and their organizational abilities. MY Bharat portal offers the facility to provide access to such activities to youth.

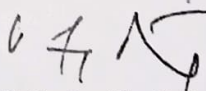
2. To enable knowledge institutions to make better use of the portal, a facility for such institutions to register themselves on the portal so that they can get a dedicated web page, has now been made available. Through the dedicated web page, an institution would be able to create digital versions of any youth engagement events they may wish to organize. Short term 'Volunteer for Bharat' and longer term 'Experiential learning' events can be created on MY Bharat once the institution registers itself with the portal. Youth who participate in these events, will see their work reflected on the individual profile pages provided to youth on the portal.

3. We write to request you to share this information with the Universities & Colleges in the State so that they can make full use of these features and improve their engagement with youth. The SOP for self-registration on the portal will follow soon and can be downloaded from the portal.

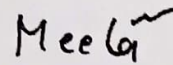
4. Next week, the 10th International Day of Yoga will be celebrated across the country. The schools/colleges in the State may also be encouraged to participate in Yoga Day and share details of participation on the Yoga Day page on MY Bharat portal.

With regards,

Yours sincerely,


(K. Sanjay Murthy)
Secretary

Department of Higher Education



(Meeta Rajivlochan)
Secretary

Department of Youth Affairs

To,

Addl. Chief Secretaries/ Pr. Secretaries/ Secretaries, Department of Higher Education/Technical Education of all states/UTs