



JAWAHARLAL NEHRU TECHNOLOGICAL UNIVERSITY HYDERABAD

(Established by Govt. Act No. 30 of 2008)

Kukatpally, Hyderabad – 500085, Telangana (India).

Dr. M. Manzoor Hussain

M.Tech., Ph.D.,

Professor of Mechanical Engineering &

REGISTRAR

Lr.No. JNTUH/NSS/ *Yoga Day* /2020-21.

D/AAC/SIT

MS

17 JUN 2020

Date:16.06.2020

To
The Director / Principal,
Constituent and Affiliated Colleges of JNTUH .

Sub: JNTUH – NSS Cell – Observation of International Yoga Day on 21st June 2020 - Reg.

Ref: C.No.641/ HE-NSS/2020-21 Dated.12.06.2020 received from State Higher Education Department, Secretariat, Telangana

Sir/ Madam,

With reference to the subject cited, it is instruction of the State Higher Education Department, Secretariat, Telangana, that every year we observe **International day of Yoga on 21st JUNE 2020** is an invaluable gift of India's ancient tradition, it embodies unity of mind and body, thought and action restraint and fulfilment, harmony between man and nature, a holistic approach to health and well being.

As was done in the yester years, this year also the day is going to be celebrated in a grand and befitting manner at all levels taking into account the present situation of **COVID – 19** pandemic the **AYUSH** ministry prepared the guidelines for observing the International Day of Yoga – 2020 by all the NSS Units to be carried out by the NSS volunteers and other Youth of the educational Institutions / Colleges the following activities/Programmes by conducting the specified activities as suggested in the guidelines.

On the occasion of the International Day of Yoga, the Heartfulness Institute is organizing a virtual live event with well-known musicians **Shankar Mahadevan and Pandit Jasraj**, along with **YogRishi Ramdev Baba** and the **Spiritual Guide of Heartfulness, Kamlesh Patel, also known as Daaji**. This event is scheduled for **Sunday, 21 June 2020 at 7 am IST in English**, followed by various **regional** languages starting from **11 am IST**.

All the Principals and Programme Officers are requested to create a google form and circulate among the students, who have been registered with Heartfulness society from your college with attributes (Student Name, Roll No., College Name, Mail ID, Mobile No.) and send the registered students list to the this Mail ID : arunakonda13@gmail.com, a digital certificate will be issued to all the participants.

In this connection, your are therefore requested to observe International Yoga Day on 21st JUNE 2020 with the theme of IDY is "**Yoga@Home**" "**Yoga with family**" at College level and You are further requested to send a brief report giving along with photographs, paper / video clippings etc., may be sent to NSS Cell, JNTUH immediately.

Registration Link: <http://heartfulness.org/IDY>

Thanking you,

MS
16/6/2020
REGISTRAR

Copy to
PA to Rector, JNTUH , PA to Vice Chancellor, JNTUH

Guideline for NSS Units in observing of International Day of Yoga – 2020

IDY -2020 presents an occasion for all the NSS units in Universities & their affiliated colleges along with all the schools to come forward and spread the message about the rewards of regular practice of yoga among NSS volunteers students / Employees / Staffs Every individual stands to gain from the regular practice of yoga through long term benefits in health, happiness and well-being Each Students / Staff can play an important role in making IDY an effective national movement for health and wellness. Here are some suggested activities to reach out to all the NSS Volunteers students / employees / staff and induct them into the blissful world of Yoga.

- This year's IDY will be observed around the themes Yoga@ Home and Yoga with family.
- Efforts may be taken to organize yoga related activities such as online lectures, workshops etc by yoga experts starting 1week ahead of IDY. This would help in building up enthusiasm as we draw closer to 21st JUNE 2020.
- The common yoga Protocol shall be performed individually or with family within the confines of their homes on 21st June, 2020 from 7:00 A.M. to 7.45 A.M. followed by any suitable and customized 15-Minute programme on yoga.
- Some competitions on yoga – theme may also be organized to create interest among the students / employees.
- NSS units may arrange a live screening of Doordarshan National Telecast related to international Day of Yoga on 21st June 2020 to foster the sense of participating in the nation – wide yoga movement.
- Banners /cut outs on IDY – 2020 may be displayed at vantage points
- NSS units can display yoga charts and standees inside their offices.
- If the NSS units are having any official newsletter, bulletin or magazine, articles and related mater about yoga may be published.
- NSS units may encourage NSS volunteers to participate in quiz and other competitions being organized by Ministry of AYUSH. They may encourage NSS volunteers to participate in the online video contest (My Life – My yoga) conducted by CCRYN, Ministry of AYUSH and ICCR one can find the guidelines and competition details in the yoga portal of Ministry website.
- Organize Yoga lectures, webinars on health in association with NGOs involving yoga experts.
- It is of utmost important that the concept of Yoga@Home be highlighted in any such communication, due to COVID – 19 to avoid any miscommunication / misunderstanding which may lead to the violation of leading Gol advisories on the management of the pandemic- especially mass gatherings. Social distancing norms and use of basic protective measures such as masks and sanitizers.
- NSS units may plan long term activities related to yoga, so that the impact of IDY related mobilization goes on well beyond 21st June 2020.