



## तंत्रशिक्षण विभागीय कार्यालय, औरंगाबाद

(ISO 9001:2008 प्रमाणित)

पत्र पेटी क्र -५१६ औरंगाबाद - ४३१ ००५

(०२४०)२३३४२१६(P) २३३४७६९(O) Fax-२३५६८२०

website : <http://www.dteau.org> email : [roaurangabad@dtmaharashtra.gov.in](mailto:roaurangabad@dtmaharashtra.gov.in)



अत्यंत तातडीचे/कालमर्यादित

जाक्र/विकाऔ/शिक्षण/२०१९/ १८९५

दिनांक :-

**14 JUN 2019**

प्रति,

प्राचार्य,

शासकीय/अनुदानित/विना-अनुदानित/तंत्रनिकेतने,

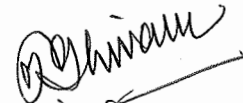
औरंगाबाद विभाग

विषय : - राष्ट्रीय सेवा योजना अंतर्गत तंत्रशिक्षण संचालनालयाच्या अधिपत्याखालील सर्व तंत्रनिकेतनांमध्ये दि.२१ जून २०१९ आंतरराष्ट्रीय योग दिवस साजरा करणेबाबत...

संदर्भ : - नियोजन अधिकारी, तंत्रशिक्षण संचालनालय, म.रा.,मुंबई यांचे पत्र क्र. ९(२)/रासेयो/२०१९/ १६८ दिनांक ११/०६/२०१९.

उपरोक्त विषय व संदर्भानुसार संचालनालयाने सुचित केलेले आहे की, राष्ट्रीय सेवा योजना अंतर्गत या कार्यालयाच्या अधिनस्त सर्व तंत्रनिकेतनांमध्ये दि. २१ जून २०१९ हा आंतरराष्ट्रीय योग दिवस म्हणून साजरा करण्यात यावा. याबाबत आपल्या संस्थेमध्ये कार्यक्रम व पूर्व तयारीसाठी योजना (कृती आराखडा) तयार करून त्याबाबतचा अहवाल या कार्यालयास दि. १५ जून २०१९ रोजी सांय ५.०० वाजे पर्यंत [roaurangabad@dtmaharashtra.gov.in](mailto:roaurangabad@dtmaharashtra.gov.in) या ई-मेलवर सादर करण्यात यावा.

सोबत : संदर्भिय पत्र.

  
(महेश शिवणकर)

प्र.सहसंचालक

तंत्रशिक्षण विभागीय कार्यालय, औरंगाबाद

प्रतः - या कार्यालयाचे प्रोग्रामर यांना या कार्यालयाच्या संकेतस्थळावर प्रसिध्द करण्यासाठी



# तंत्रशिक्षण संचालनालय, महाराष्ट्र राज्य,

3, महापालिका मार्ग, पत्रपेटी क्र. 1967, मुंबई 400 001.

दूरध्वनी : 2620601, 2690602, 2641150/51

फॅक्स : 2692102, 269007

तार : EDUTECH E-mail:- desk9@dte.org.in Web:- http://www.dte.org.in

तात्काळ/कालमर्यादित

क्रमांक = 9(2)/रासेयो/2019/१६६

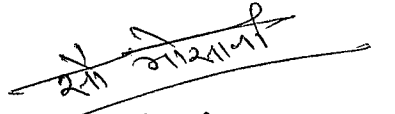
दिनांक - 11 JUN 2019

प्रति,  
सहसंचालक  
तंत्रशिक्षण विभागीय कार्यालय  
मुंबई, पुणे, नाशिक, औरंगाबाद  
अमरावती व नागपूर

विषय - राष्ट्रीय सेवा योजना अंतर्गत तंत्रशिक्षण संचालनालयाच्या अधिपत्याखालिल सर्व  
तंत्रनिकेतनांमध्ये दि.21 जून आंतरराष्ट्रीय योग दिवस साजरा करणेबाबत  
संदर्भ - 1) शासन पत्र क्र.रासेयो-2017/प्र.क्र.68/साशि-7 दि.31-5-2019

उपरोक्त विषयाबाबत शासनाच्या वरील संदर्भीय पत्रानुसार शासनाने सुचित केलेले आहे की, राष्ट्रीय सेवा योजना तंत्रशिक्षण संचालनालयाच्या अधिपत्याखालिल सर्व तंत्रनिकेतनांमध्ये दि.21 जून आंतरराष्ट्रीय योग दिवस साजरा करण्यात यावा. याबाबत आपल्या अधिपत्याखालिल तंत्रनिकेतनांमध्ये काही कार्यक्रम व पूर्व तयारीसाठी योजना तयार करण्यात आलेल्या असतील त्याबाबत या संचालनालयास तात्काळ ई-मेलद्वारे (desk9@dtmaharashtra.gov.in) सादर करण्यात याव्यात. सदरहू योग दिवस साजरा करण्याबाबतचे केंद्र शासनाने परिपत्रक याअगोदरच आपणांस ई-मेल द्वारे पाठविण्यात आलेले आहे.

याबाबत आपणांस कळविण्यात येते की, मा.मंत्री महोदयानी दि.13 जून 2019 रोजी आंतरराष्ट्रीय योग दिवस पूर्व तयारी बैठक आयोजित केलेली आहे.

  
(सौ.सुरेखा गोसावी)  
नियोजन अधिकारी,  
तंत्रशिक्षण, म.रा.मुंबई

## महाराष्ट्र शासन

### उच्च व तंत्र शिक्षण विभाग, मंत्रालय.

एलफिन्स्टन तंत्र विद्यालय परिसर, 3 महापालिका मार्ग, धोबी तलाव, मुंबई-४०० ००१.

ई-मेल- [nssmantralaya@gmail.com](mailto:nssmantralaya@gmail.com)

दूरध्वनी क्र. ०२२-२२६७९५६५.

क्रमांक: रासेयो-२०१९/प्र.क्र.७९/साशि-७

दिनांक: ११.०६.२०१९.

#### अत्यंत तातडीचे

बैठक दि. १३.०६.२०१९ रोजी दु.१२:०० वा.

प्रति,

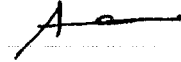
कार्यक्रम समन्वयक तथा संचालक,

राष्ट्रीय सेवा योजना,

सर्व विद्यापीठे/संचालनालये

विषय- जागतिक योग दिवस साजरा करण्यासंदर्भात मा. मंत्री (उच्च व तंत्र शिक्षण)  
महोदयांनी बोलवलेली पूर्व तयारी बैठक.

दि. २१.०६.२०१९ हा जागतिक योग दिवस साजरा करायचा असल्यामुळे, त्याची पूर्वतयारी बैठक, मा. मंत्री (उच्च व तंत्र शिक्षण) महोदय यांच्या अध्यक्षतेखाली दि. १३.०६.२०१९ रोजी, दुपारी १२:०० वाजता, सिडनहॅम महाविद्यालय, चर्चगेट येथे आयोजित करण्यात आली आहे. तरी आपण सदर बैठकीस उपस्थित रहावे. बैठकीसाठी येण्या-जाण्याचा प्रवास खर्च राष्ट्रीय सेवा योजना प्रशासकीय खर्चातून भागविण्यात यावा.



(डॉ. अतुल हं.साळुंके)

राज्य संपर्क अधिकारी/विशेष कार्य अधिकारी.



सत्यमेव जयते

वैद्य राजेश कोटेचा  
Vaidya Rajesh Kotecha



सचिव

भारत सरकार

आयुर्वेद, योग व प्राकृतिक चिकित्सा

यूनानी, सिद्ध, सोवा रिग्पा एवं होम्योपैथी (आयुष) मंत्रालय

आयुष भवन, 'बी' ब्लॉक, जी.पी.ओ. कॉम्प्लेक्स,

आई.एन.ए, नई दिल्ली-110023

SECRETARY

GOVERNMENT OF INDIA

MINISTRY OF AYURVEDA, YOGA & NATUROPATHY

UNANI, SIDDHA, SOWA-RIGPA AND HOMOEOPATHY (AYUSH)

AYUSH BHAWAN, B-BLOCK, GPO COMPLEX

INA, NEW DELHI-110023

Tel. : 011-24651950, Fax : 011-24651937

E-mail : secy-ayush@nic.in

D.O.No. M-16011/15/2019-Y&N(Pt. I)

Dated: 30<sup>th</sup> May, 2019

Dear Secretary,

We are just a few weeks away from the International Day of Yoga (IDY)-2019, which falls on 21<sup>st</sup> June, 2019. I am writing to seek your valuable support in this national effort. The Ministry of AYUSH has been mandated with the task of promoting Yoga among people from all walks of life because of its health promotive potential.

2. Based on meeting of Committee of Secretaries (CoS) held in Cabinet Secretariat on 16.05.2019 and the various suggestions given by Yoga Institutes in the Inter-Ministerial Meeting organized by Ministry of AYUSH on 13.05.2019, it was decided to start a daylong event along with Mass Yoga Demonstrations based on the Common Yoga Protocol (CYP) on 21.06.2019 from 7:00 AM to 8:00 AM on the occasion of IDY called "**Festival of Yoga and Wellbeing**". This "Festival" will make IDY a more inclusive event. A concept note on the "Festival", which incorporates suggested action points, is enclosed for your perusal.

3. The Government's aim is to make Yoga an integral part of the citizens' lifestyle and thereby secure a healthy life for all. This Ministry feels that the "Festival of Yoga and Wellbeing" is an important step in this direction. I therefore request your whole-hearted support to celebrate this "Festival" on 21.06.2019. I would be grateful if urgent steps are caused in this direction, considering that we have very limited time ahead of IDY -2019.

With regards,

Encl. As above

Yours sincerely

(Rajesh Kotecha)

To,

All Secretaries to the Government of India

Festival of Yoga and Wellbeing 2019  
[On the occasion of International Day of Yoga, 2019]

At present the centre-piece of the IDY observation is the standardised Mass Yoga Demonstration drill. This is held uniformly in thousands of venues across the country at 7.00 AM on 21<sup>st</sup> June every year, and the demonstrations are based on the common Yoga Protocol (CYP). However, in order to make IDY a more inclusive event, it is decided to have a "Festival of Yoga and Wellbeing" on the Day, and to spread the activities across the entire day, as part of the "Festival".

2. While there is no doubt that Mass Yoga Demonstrations based on CYP is the best way to tap the public-health potential of the IDY event, the additional activities in a "festival" mode will appeal more to those who are yet to be initiated into yoga, and inspire them to learn about yoga. This will make the entire IDY observation more flexible and more inclusive.
3. **Suggested Activities for the festival:** The focus of the "festival" can be activities other than Mass Yoga Demonstrations, so that the space requirement is reduced. Consequently, such events can be held in covered venues like auditoriums, where a large number of people can participate, thus minimising the possibility of disruptions by rain. An atmosphere of festivity can be created using elements of song, drama etc. It may be noted that the "festival" activities are expected to be scheduled after the early morning activity based on CYP is over. A list of suggested activities for the "Festival" is given at Annexure I.
4. **Timings of Festival Activities:** Such events can be scheduled at any time during the day on 21<sup>st</sup> June, after the conclusion of the CYP based activities in the morning. This would give flexibility to accommodate the convenience of the wider audience including senior citizens and the less-abled.
5. **The target audience:** The target audience can be those segments of population which have not yet become regular practitioners of Yoga.
6. **Objectives:** An effort can be made to use these activities to attract the youth and children to Yoga. The contemporariness of yoga and its health benefits can be projected. Role of Yoga in education sector can be explored through these festivals by targeting children and young people.
7. **Yoga at work place:** Avenues of Yoga in work place can be explored of conducting this day-long festival in most of the organizations (Govt., PSUs and Private firms) on Voluntary basis. Aspects of increase in employee productivity,

decrease in stress and anxiety in the work place, improved employee health and wellbeing, etc. through Yoga can be highlighted in the festival.

8. By organizing "Festival of Yoga and Wellbeing" role of Yoga in the health care sector can be highlighted by show-casing the positive effects of Yoga in promotion of health and prevention of certain diseases. Various studies have already shown positive effects of Yoga in managing stress-related disorders, respiratory allergies, anxiety neurosis, diabetes, coronary heart disease, and rehabilitation of disabled.

9. The Ministry of AYUSH seeks the support and involvement of all stakeholders for the "Festival of Yoga and Wellbeing", and to take it up on June 21, 2019 in their respective centres/ spheres of activity in a befitting manner, and to strive to ensure maximum participation in the same.

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## Annexure I

### Suggested activities for “Festival of Yoga and Wellbeing”

The following activities can be organized as a part of “Festival of Yoga and Wellbeing” in addition to Common Yoga Protocol:-

- I. Various competitions with focus on highlighting the potential health benefits of adopting Yoga in day-to-day lifestyle can be conducted across various venues. The competitions can be:
  - a) Slogan Competition.
  - b) Article Writing Competition.
  - c) Poster making Competition.
  - d) Quiz Competition.
  - e) Music and group dance Competitions on Yoga theme.
- II. Yoga themed songs can be played in the event venues.
- III. Various cultural events can be conducted.
- IV. “Flash mob” in prime locations like historical monuments, malls, airports etc. can be organised.
- V. Lectures, workshops and various other education programmes on the health benefits of Yoga can be delivered through media.

**NATIONAL SERVICE****International Day of Yoga****Name of the University/+2 Council:**

Sl. No.	Name of the Activities/Programme	No. of Activities/ Programme in University /+2 Council Institutions/ Colleges/ Schools	Total No. of Universities/ +2 Council Participated	Total No. of Colleges/Schools Participated
1	Workshops			
2	Universities/ +2 Council or Colleges/School-Level Rallies			
3	Seminars			
4	Debates			
5	Nukkar Nataks/Street Plays Organised			
6	Any Other Activity			
<b>Total</b>				



**CE SCHEME**

**a, 21st June, 2019**

**Name of State:**

Total No. of Units	No. of NSS Volunteers Participated in Activities/Programme			No. of Youth/Others participated in Activities/Programme			Total Number of Particiapation
	Male	Female	Total	Male	Female	Total	

NSS Programme Coordinator  
University/+2 Council