

Proceedings of the Chief Educational Officer, Vellore District
R.C. No.2446/B5/2024, Dated.19/06/2024

- Sub School Education – Observation of International Day of Yoga (IDY)
2024 - Reg
- Ref 1. Regional Directorate of N.S.S. Letter F.No. 2-89/2024 -
25/NSS/546-598 Dated. 12.06.2024
2. Chennai – 06, Proceedings of the Joint Director (NSS) of
School Education R.C.No. 34822/L/E1/2024, Dated.
18.06.2024

With Reference to the letter (2) cited above that this year International Day of Yoga (IDY) 2024 will be observed on the theme "Yoga for Women Empowerment" at all Schools on 21st June, 2024 in Befitting manner. Therefore, all High and Higher Secondary School Headmasters are asked to do the suggestive activities in schools on 21st June 2024 and the NSS District Nodal Officer are directed to ensure that the suggestive activities are undertaken by the schools.

1. Common Yoga protocol practice.
2. Yoga Day Mass Demonstration at Schools.
3. Yoga Awareness Rallies 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 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 Dhayana.)
9. Creation of events on MyBharat Portal.
10. Yoga at home & with Family and post a photo in Social Media.

In this connection, the School Headmasters are asked to ensure to create events on My Bharat Portal. The NSS District Nodal Officer can create the buzz on IDY through Social Media and submit photos as well as reports to the E-Mail (nssrdchennai@gmail.com) or WhatsApp in TNNSS Group without fail for sharing and also fill the google spread sheet of preparation of International Day of YOGa (Yoga for Self and Society), further it has been instructed to complete the process at the earliest.

Google

Sheet

<https://docs.google.com/spreadsheets/d/1EqMwfwkSp5MTQcC6qq4OApjSzsxwuMDYyU4kj7S2SOA/edit?usp=sharing>

For Further Details – The NSS District Nodal Officer, 9677956474

For.
20/06/24
Chief Educational Officer,
Vellore

To:

The Headmasters / Principles,
Govt / Aided / Matric High / Higher Secondary Schools, Vellore District.

Copy to :

1. The Joint Director (NSS) of School Education, Chennai – 06
2. The District Educational Officers,
(Secondary and Matric Schools) Vellore District.
(Through this office e-mail)
3. The NSS District Nodal Officer,
Voorhees Hr. Sec. School, Vellore