

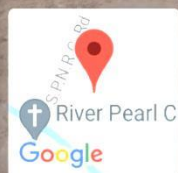
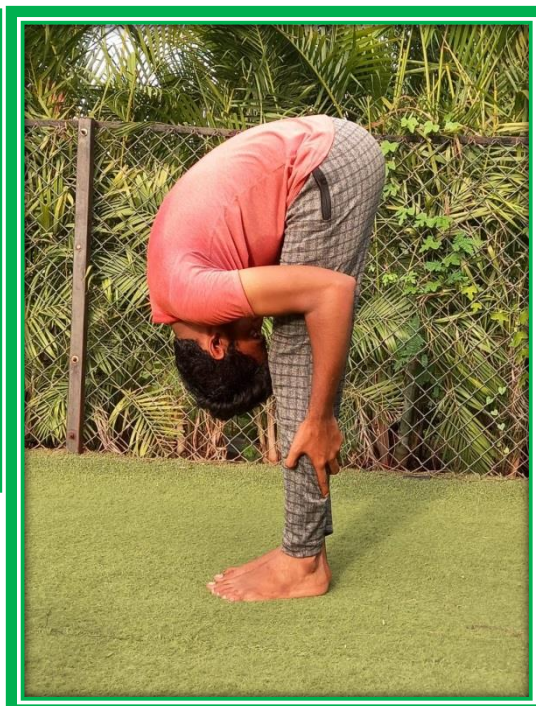
## International Day of Yoga – 2021

- 'Yoga from Home'

21.06.2021

Organized by: National Cadet Corps

Due to COVID-19 pandemic all activities are conducted through virtual mode for maintaining healthy environment. In view of this, as per the instructions given by DG, NCC & 17(A) Bn Vijayawada, NCC Cadets of KBN College participated in an International Day of Yoga-2021 at their homes and they disseminated the information and motivate their relatives and neighbors to observe the same at their respective homes with due safety precautions as per COVID-19 protocol. 47 Cadets participated in this programme.



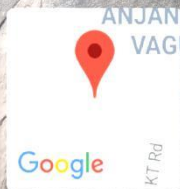
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Vijayawada, Andhra Pradesh 521225, India  
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Long E 80° 34' 42.3192"  
21/06/21 06:24 AM





Vijayawada, Andhra Pradesh, India

1-4/3-52/2, Jonna Vithula St, Kummariapalem, V D Puram, Vijayawada, Andhra Pradesh 520012, India  
Lat N 16° 31' 27.8004"  
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21/06/21 07:51 AM



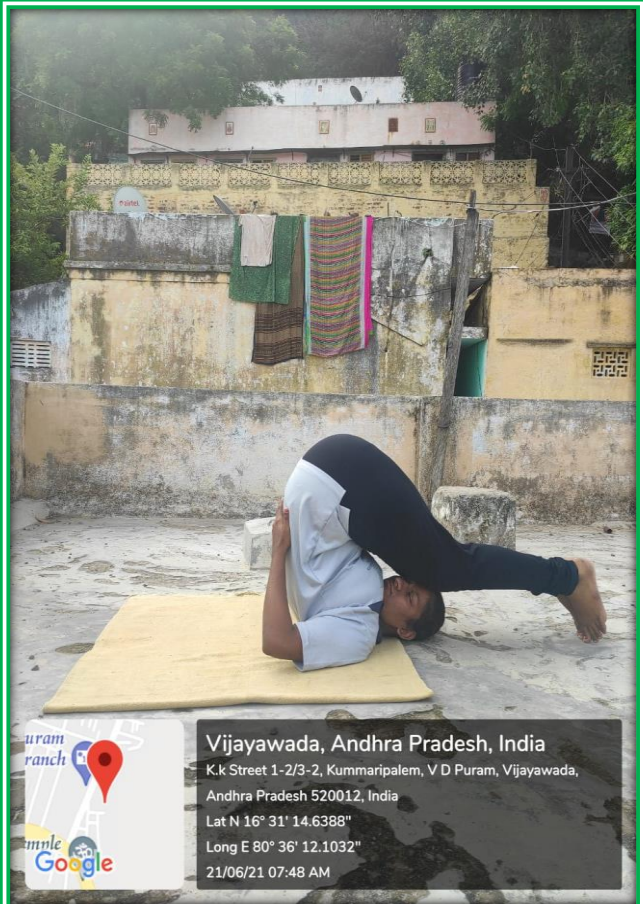
Vijayawada, Andhra Pradesh, India

4-3/1-90, Edgha Mahal St, Chittinagar, Mahantipuram, Vijayawada, Andhra Pradesh 520001, India  
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Long E 80° 36' 34.6068"  
21/06/21 06:48 AM



Vijayawada, Andhra Pradesh, India

Unnamed Road, Vijayawada, Andhra Pradesh 520001, India  
Lat N 16° 33' 24.1776"  
Long E 80° 36' 44.3916"  
21/06/21 07:52 AM



Vijayawada, Andhra Pradesh, India

K.k Street 1-2/3-2, Kummariapalem, V D Puram, Vijayawada, Andhra Pradesh 520012, India  
Lat N 16° 31' 14.6388"  
Long E 80° 36' 12.1032"  
21/06/21 07:48 AM

Phone: 0866-2540561  
Email: 17andhra.bn@gmail.com

**Through Email only**  
17 Andhra Bn NCC  
Polytechnic Post  
Vijayawada- 520 008

17 (A)Bn/318/IYD-21/Trg

14 Jun 2021

All SD/JD ANOs

**CONDUCT OF INTERNATIONAL DAY OF YOGA (IDY)-2021**

1. A copy of DG NCC letter No.4180/Yoga-20/DG NCC/Trg-A dated 01 Jun 2021 received vide NCC Group HQ, Kakinada letter No. KAK/567/1/Trg dated 14 Jun 2021 is forwarded herewith for your further necessary action.
2. All SD/JD institutions are requested to instruct maximum cadets through their ANOs to conduct International yoga Day on 21 Jun 2021 at individual homes and disseminate the information and motivate their relatives and neighbours to observe the same at their respective homes with due safety precautions as per Covid-19 protocol and ask them to forward the videos and photographs of the event to respective institutions.
3. Each institution is requested to forward the strength of the cadets **along with nominal roll of cadets participated** in the "Yoga From Home" event alongwith minimum 10 good photographs and videos to reach this unit by **22 Jun 2021** for onward submission to NCC Group HQ, Kakinada.

Encls: As above

  
(P.M Rao)  
Lt Col  
Commanding officer

**Copy to:**

Concerned SD/JD ANOs -- For necessary action

**Internal:**

SM -- for information please



Tel: 2346380  
Email: [nccgpkak43@gmail.com](mailto:nccgpkak43@gmail.com)



NCC Group HQ  
Siddharthanagar  
NFCL Road  
Kakinada -533003

14 Jun 2021

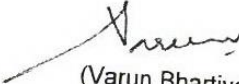
No.KAK/567/1/Trg

List "A"

**ACTION PLAN : INTERNATIONAL DAY OF YOGA (IDY)**  
**ON 21 JUN 2021**

1. A copy of DG NCC letter No.4180/yoga-20/DGNCC/Trg A dated 01 Jun 2021 received vide NCC Dte(AP&T) letter No. NCC(AP&T) 225/IDY/2021/Trg dated 08 Jun 2021 is forwarded herewith for your information and necessary action.
2. All units are requested to instruct maximum cadets through their ANOs to conduct International yoga Day on 21 Jun 2021 at individual homes and disseminate the information and motivate their relatives and neighbours to observe the same at their respective homes with due safety precautions as per Covid -19 protocol and ask them to forward the videos and photographs of the event to respective units.
3. Each unit is requested to forward the strength of the cadets participated in the "Yoga From Home" event alongwith minimum 10 good photographs and videos to reach this HQ by 25 Jun 2021.

Encls : as stated above  
Vmr/Trg  
11/06

  
(Varun Bhartiya)  
Lt Col  
Offg Training Officer  
For Group Cdr

17 ANDHRA BN NCC	
CO	8/11/16
AO	
SM	
Supdt 'A'	B
Supdt 'B'	Vy
Branch	Trg
Inward No	302

*Intimate instructions immediately on 14/6/21*

Tele: 011- 26712144

Directorate General NCC  
Min of Defence  
West Block IV, RK Puram  
New Delhi-110066

4180/Yoga-20 /DGNCC/Trg A

01 Jun 2021

List 'A'

**ACTION PLAN : INTERNATIONAL DAY OF YOGA(IDY) - 21 JUN 2021**

1. Para 4 (b)(iii) of this HQ letter No. 4359/TD/DGNCC/Trg 'A' dt 30 Mar 2021 stands cancelled. The action Plan for IDY 2021 is as enunciated in succeeding paras.

**Introduction**

2. The International Day of Yoga 2021 presents an occasion to underline the health benefits of Yoga, and motivate the public to take up the pursuit of Yoga. Taking cognizance of the current COVID – 19 situation, it is not advisable to organize events that require congregation of people for observing IDY 2021. Therefore, use of digital, virtual and electronic platform will be made for conduct of IDY 2021. All State Dtes will participate in IDY 2021 by doing the **Common Yoga Protocol (CYP) at home** with their families, on **21<sup>st</sup> June 2021**.

**Conduct**

2. The broad contours of IDY – 2021 are as under:-

(a) **Concept**. In Synergy with Min of AYUSH, the message "**Be with Yoga, Be at Home!**" will be sent out to families, peers and friends by NCC cadets by encouraging them to actively participate from home in IDY 2021.

(b) **Action Plan at Cadet Level participation**.

(i) **Creating Buzz**

(aa) **Jingle Composition Competition**. Cadets can write and compose a Jingle for the upcoming International Day of Yoga, 2021 and participate in Jingle Composition Competition through the website link <https://secure.mygov.in/home/13/do/>. **A cash prize of INR 25,000 will be given to one winning entry.** The last date of submission is **21<sup>st</sup> June 2021**. Participants need to

provide a script and a jingle of 25-30 seconds duration in any official Indian language as mentioned in the Eighth Schedule of the Indian constitution along with English and other UN languages- that is easily comprehensible, is peppy, and connects with the public at large. The participants should upload their entry as a high-quality audio file to any media platform such as SoundCloud, YouTube, Google Drive, Dropbox, etc, and enter the publicly accessible link in the comments section. The script also needs to be submitted in the form of a PDF document.

(ab) **Pledge Taking** Cadets can take Pledge to make Yoga an integral part of their life on the website <https://yoga.ayush.gov.in/>

(ac) **Online IDY Quiz** Ministry of Ayush has launched a quiz competition to commemorate the occasion of the 7<sup>th</sup> IDY to test citizen's awareness about Yoga, past IDY observances, and various initiatives being conducted this year by the Ministry. On successful completion each participant will be awarded with an e-certificate marking their participation and completion.

(ii) **Pre Event Training** Cadets to use digital resources for familiarizing and training themselves with the help of CYP training videos which are available on Ministry of Ayush Yoga Portal (<https://yoga.ayush.gov.in/yoga/>) and on MDNIY's website (<http://www.yogamdniy.nic.in/>). They are also available on social media handles and platforms of the Ministry and MDNIY as free resources. These will also be played on TV and radio channels in the coming days, in the run up to IDY 2021. Cadets can also refer to YouTube videos on Common Yoga protocol available in various languages (<https://yoga.ayush.gov.in/common-yoga-protocol>)

(iii) **Event Participation** Cadets to participate in IDY 2021 Common Yoga Protocol (CYP) activity on 21st June 2021 at 07:00 am. Cadets to join the activity from the safety of their home, considering the risks of the pandemic. Cadets have the option of using the national television (which will be telecasting CYP at 07:00 am) or any other appropriate CYP video for guidance.