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43 Bengal Bn NCC
Brindabandham
Dharampore, Gangatala
Chinsurah, Hooghly
West Bengal 712101

No. 273/G/Yoga


18 Jun 2020

All institute under
43 Bengal Battalion NCC
Chinsurah

INTERNATIONAL DAY OF YOGA : 21 JUN 2020

1. Refer NCC Group HQ letter No. 1128/2/Yoga/G(Trg) dated 18 Jun 2020. (Copy att).
2. In the light of the prevailing Covid 19 situation, this year the International Yoga Day is set to go digital. Therefore, cadets are encouraged to practice Yoga at their homes on 21 Jun 2020. The IDY 2020 will be "YOGA FROM HOME" on 21 Jun 2020.
3. The details of conduct on 21 Jun 2020 are as under:-
 - (a) **Time** : 0700-0800 hrs.
 - (b) **Participation** : Max Cadets to participate individually or with his family from the safety of his/her home.
 - (c) **Common Yoga Protocol(CYP)** : The Cadets can perform Yoga exercises as per the CYP as taught on TV /Online resources from 17 Jun to 20 Jun or follow live telecast on 21 Jun 2020. Also cadets if desirous, can personally customise a 30 Mins Yoga session and prac accordingly.
4. All institutes are requested to fwd videos of Yoga to this unit on 21 Jun by 1100 hrs (As per format given below) so that the same can be uploaded on Ayush site by this unit.

Ser No	Name of Org / Institution	Location	Institute	Number of participants	Remarks


(Aman Negi)
Col
Commanding Officer

Encls : As above

Tele: 0342-2645043

NCC Group Headquarters
Purta Bhawan (6th Floor)
Sadarghat Road
Burdwan – 713103 (W.B)

1128/2/Yoga /G(Trg)/

18 Jun 2020

All Units

_____ Bengal Bn NCC


INTERNATIONAL DAY OF YOGA : 21 JUN 2020

1. Ref Whatsapp by Trg Offr to all units on the subject dt 17 Jun 2020 and e-mail recd from AD Trg NCC Dte WB & Sikkim dt 17 Jun 2020 (copy encl)..
2. Units are requested to upload max videos of yoga on Ayush site directly , **pl fwd only the two best videos to Gp HQ from your units on 21 Jun 2020 at 1200 hrs by e-mail alongwith detail feed back report as per u/m format** for onward submission to NCC Dte WB & Sikkim :-

Ser No	Name of org/Institute	Location	Institution	Number of participants	Remarks

3. This is for your info and strict compliance.

Encls : As above.


(Sourhen Adhikary)
Col
Trg Offr
For Gp Cdr

4180/Yoga-20/DGNCC/Trg A

16 Jun 2020

List 'A'

**GUIDELINES FOR CONDUCT OF
INTERNATIONAL DAY OF YOGA(IDY) -2020**

1. Further to our letter No 4180/Yoga-20/DGNCC/Trg A dt 23 Apr 2020.
2. In the light of the prevailing Covid 19 situation , this year the International Yoga Day is set to go digital. People are encouraged to practise Yoga at their homes. The IDY 2020 will be "YOGA FROM HOME". The participants are to learn Yoga from the safety of their homes through various resources made available online. The 'digital resources for yoga from home' as informed by Ministry of Ayush are att as Appx A. The feedback form is attached as Appx B. The training sessions on Common Yoga Protocol are also being telecast on DD Bharti and DD Sports from 17 Jun to 20 Jun at 8 am.
3. The details of conduct on 21 Jun 2020 are as under:-
 - (a) **Time** : 0700-0800 hrs.
 - (b) **Participation** : Max Cadets to participate individually or with his family from the safety of his/her home.
 - (c) **Common Yoga Protocol(CYP)** : The Cadets can perform Yoga exercises as per the CYP as taught on TV /Online resources from 17 Jun to 20 Jun or follow live telecast on 21 Jun 2020. Also cadets if desirous, can personally customise a 30 Mins Yoga session and prac accordingly .
4. All directorates are requested to disseminate these guidelines to all Cadets for maximum participation. Also the Cadets must encourage the family members, friends and neighbours for maximum participation in "**Yoga From Home**" and give wide publicity through Social Media.
5. **Feedback**. All Dtes are requested to fwd the feedback on No of Cadets participated in IDY from home as per Appx B att, by 30 Jun to Col Trg A via email (dirtrgahq-ncc@nic.in).
6. For info and necessary action please.

(Vijay Kumar)
Col
Col Trg
for DGNCC

AppxA

(Refers to Para 2 of
IDY/DGNCC/Trg (A) dt
16 Jun 2020)

Digital resources for Yoga from Home**International Day of Yoga (IDY) Videos (Hindi & English) and Links of Videos in 14****Regional Languages**

S. No	IDY Videos – Common Yoga Protocol	YouTube Video Links
1.	International Day of Yoga 2019 Common Yoga Protocol - HINDI	https://www.youtube.com/watch?v=wqjZ_LyNL_Rw
2.	International Day of Yoga 2019 Common Yoga Protocol- ENGLISH	https://www.youtube.com/watch?v=K-GJh9GeOxE
3.	Common Yoga Protocol- Manipuri, International Day of Yoga - 2016	https://www.youtube.com/watch?v=iOGza5C9Yhl
4.	Common Yoga Protocol-Kannada, International Day of Yoga – 2016	https://www.youtube.com/watch?v=k5W4sR7Ercs
5.	Common Yoga Protocol- Sanskrit, International Day of Yoga - 2016	https://www.youtube.com/watch?v=KYDVngTkslo
6.	Common Yoga Protocol-Marathi, International Day of Yoga - 2016	https://www.youtube.com/watch?v=JNvyqnlOYTY
7.	Common Yoga Protocol- Malayalam, International Day of Yoga - 2016	https://www.youtube.com/watch?v=ijJQAw-XO8
8.	Common Yoga Protocol-Bengali, International Day of Yoga - 2016	https://www.youtube.com/watch?v=oUIZzBbXz_U
9.	Common Yoga Protocol- Kashmiri, International Day of Yoga - 2016	https://www.youtube.com/watch?v=06h8PrIon3Y
10.	Common Yoga Protocol-Tamil, International Day of Yoga - 2016	https://www.youtube.com/watch?v=x_d3Ay7iy3c
11.	Common Yoga Protocol-Urdu, International Day of Yoga - 2016	https://www.youtube.com/watch?v=PWwp4KDDQRwQ
12.	Common Yoga Protocol-Telgu, International Day of Yoga - 2016	https://www.youtube.com/watch?v=hKUqsrAXC34
13.	Common Yoga Protocol-Assamese, International Day of Yoga - 2016	https://www.youtube.com/watch?v=PEkxjWdNUU0
14.	Common Yoga Protocol-Punjabi (Full Version), International Day of Yoga - 2016	https://www.youtube.com/watch?v=LK4ZoeTKOdY
15.	Common Yoga Protocol-Oriya (full version), International Day of Yoga - 2016	https://www.youtube.com/watch?v=sqEHmSMCgt4
16.	Common Yoga Protocol-Gujarati (Full Version), International Day of Yoga - 2016	https://www.youtube.com/watch?v=0Bsb01XaCfc

Links of Ministry of AYUSH Website, Social Media Handles & Institutes

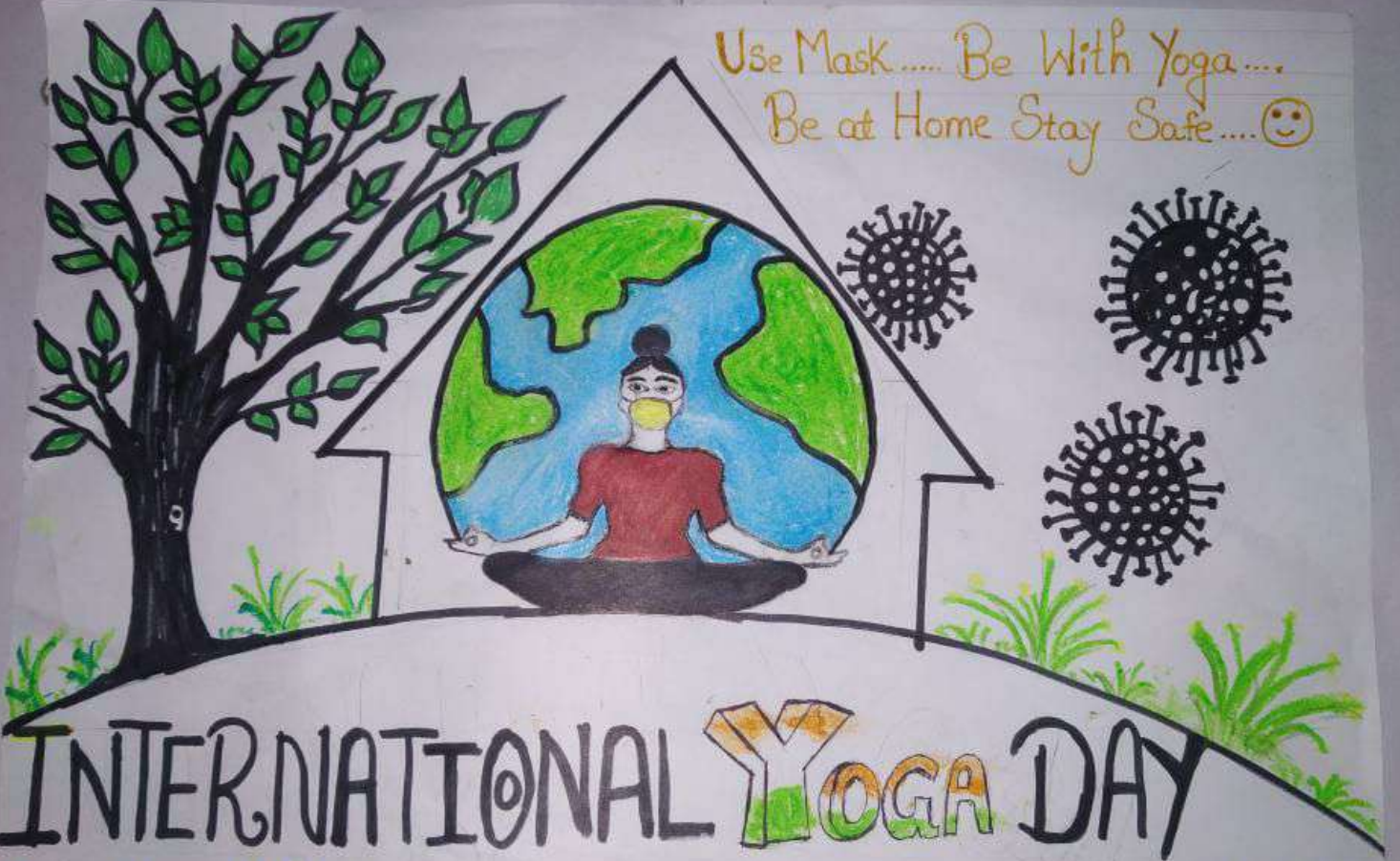
S.No	Ministry of AYUSH/ Institutes	Website Links
1.	Ministry of AYUSH Website	https://main.ayush.gov.in/
2.	Yoga Portal – Ministry of AYUSH	https://yoga.ayush.gov.in/yoga/
3.	Ministry of AYUSH – Facebook Page	https://www.facebook.com/moayush/
4.	Ministry of AYUSH – Twitter	https://twitter.com/moayush
5.	Ministry of AYUSH – Instagram	https://www.instagram.com/ministryofayush/?hl=en
6.	Morarji Desai National Institute of Yoga (MDNIY)	http://www.yogamdniy.nic.in/
7.	Central Council for Research in Yoga & Naturopathy (CCRYN)	http://ccryn.gov.in/
8.	National Institute of Naturopathy (NIN), Pune	http://punenin.org/index.htm
9.	ShriAmbikaKutir	www.ambikayogkutir.org
10.	Parmanand University Trust (Parmanand Institute of Yoga Sciences and Research)	www.parmyoga.org
11.	Sri Sri School of Yoga	www.srisrischoolofyoga.org
12.	The Yoga Institute	www.theyogainstitute.org
13.	PatanjaliYogpeeth (Trust)	www.divyayoga.com
14.	Swami Vivekananda Yoga Anusandhanasamsthana (S-VYASA)	www.svyasa.edu.in
15.	KaivalyadhamaShrimanMadhav Yoga MandirSamiti, Kaivalyadhama Yoga Institute	www.kdham.com
16.	Krishnamacharya Yoga Mandiram	www.kym.org
17.	Yoga Vidya Gurukul	www.yogavidyagurukul.org

S.No	Ministry of AYUSH/ Institutes	Website Links
18.	DevSanskritiVishwavidhyalaya	http://www.dsvv.ac.in/
19.	Hata Yoga Abhyaasa and Prachaara Trust	www.a1000yoga.com
20.	Yoga Niketan Trust	www.yoganiketan.org
21.	Lovely Professional University	https://www.lpu.in/

Virabhadrasana



Use Mask..... Be With Yoga.....
Be at Home Stay Safe.... 😊



Bejoy Narayan Mahavidyalaya, Cadet - Susmita Das, Reg No. - WB 20/SWA/196395, 43 Bengal BNNCC



Cadet - Sampa Mandi. Reg NO:- WBRO/SWA/196398
48/3 Bengal Battalion
Bejoy Narayan Mahavidyalay

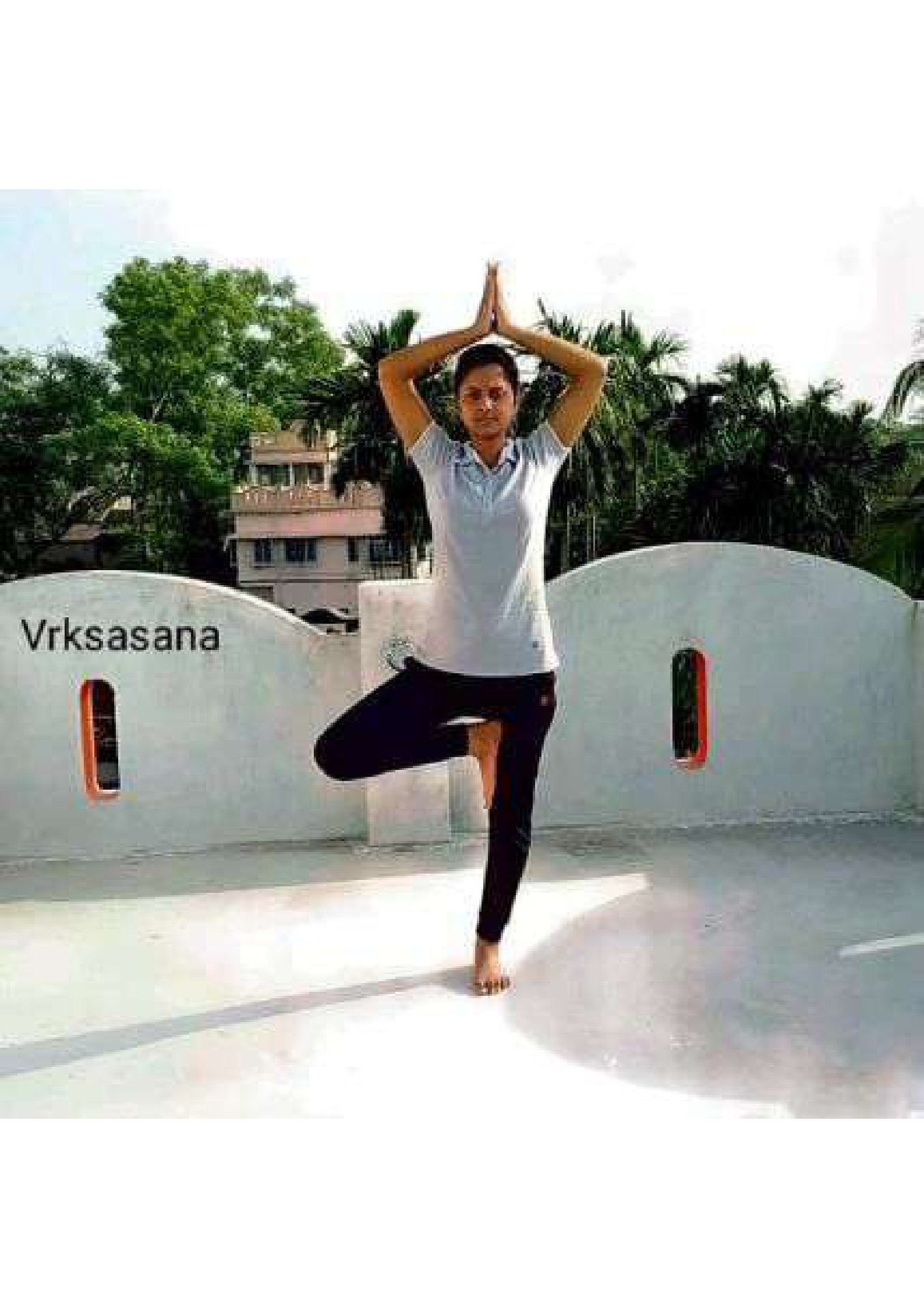


INTERNATIONAL YOGA DAY

CADET SHRABANI BESRA. REG. NO - WB20/SWA/196402
43/3 Bengal Battalion [Bejoy Narayan Mahavidyalay]







Vrksasana