



# The Bharat Scouts and Guides

Creating Better India

## National Headquarters

Address: Lakshmi Mazumdar Bhawan, 16, M. G. Marg, I. P. Estate, New Delhi-110002

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To  
All the State Secretaries,  
State Associations of  
The Bharat Scouts and Guides,  
**INDIAN UNION**



**Circular No.: 68 /2022**

**Date :19<sup>th</sup> April, 2022**



### **SUB: INTERNATIONAL DAY OF YOGA (IDY) – 21<sup>ST</sup> JUNE 2022**

Dear Sir/Madam,

This is to inform that **8<sup>th</sup> International Day of Yoga (IDY)** which will be observed on 21<sup>st</sup> June, 2022. As you are aware, at the initiative of Hon'ble Prime Minister Shri Narendra Modi, the United Nations General Assembly took a historic decision in 2014 to declare 21<sup>st</sup> June as the International Day of Yoga. As you would agree, this worldwide acceptance of Yoga is a matter of pride for our country, as Yoga has been an integral part of our cultural and spiritual heritage. The Bharat Scouts and Guides being one of the largest youth organization has actively participated in observing International Day of Yoga every year with large number of stakeholders upto the grassroots. Every year, the main event of IDY observation is mass demonstration of Common Yoga Protocol.

**The theme for International Yoga Day 2022 is "Yoga for well-being"**. The world is passing through COVID-19 pandemic and almost every country has imposed lockdown in a certain form. In this situation, it is hard or impossible for people to remain mentally and physically fit and healthy. **International Day of Yoga** theme focuses upon telling people to stay motivated at home and adopt a healthy lifestyle by doing exercise and yoga. Let's appreciate the theme 2022 of International Yoga Day and practice yoga at home until this curse of COVID-19 leaves us.

The Bharat Scouts and Guides, National Headquarters appeals the State Associations to motivate and encourage our stakeholders up to the grassroots and bring more people of the community into the fold of the activities of IDY-2022 by spreading the rewards of Yoga. **As the upcoming 8<sup>th</sup> IDY is falling in Azadi Ka Amrit Mahotsav year**, it is requested that a series of innovative programmes and activities may be planned and initiated to commemorate the day. Few suggested activities are furnished as under:

- (i) The IDY-2022 may be organized in physical mode keeping Covid Protocols and local government guidelines in mind by mass participation by all the members of the organisation and their family members.
- (ii) Webinar/Lectures/discussions/talks on the benefits of Yoga may be organized.
- (iii) Yoga Charts and Standees may be displayed in the Headquarters/Training Centre's premises as a Yoga awareness campaign.
- (iv) Mass Yoga sessions may be organized on 8<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June, 2022.

- (v) Awareness campaigns on the benefits of yoga may be organized in the community.
- (vi) Innovative plans/activities may be incorporated.
- (vii) Quiz, drawing, painting, and essay writing competitions may be organized.
- (viii) Leaflets on yoga activities and its importance may also be distributed
- (ix) Pledge, video contest etc. may be organized.
- (x) Programmes & activities be shared in social media highlighting for the visibility of the Bharat Scouts and Guides with a hastag to #Ministry of Ayush #Ministry of Youth Affairs and #BSG #internationalYogaDay

It will be highly appreciated if the report on IDY-2022 is submitted to the National Headquarters on or before **25<sup>th</sup> June, 2022 by email at [info@bsgindia.org](mailto:info@bsgindia.org)** in the given format along with action photographs for further submission to the Ministry of Ayush and our Nodal Ministry, Ministry of Youth Affairs, Govt. of India.

Sl. No.	Name of the State/District/Unit	Details of the activity performed	No of participants involved	Location	Link of Social Media	Remarks, if any
1						
2						
3						
4						
5						

We seek your support in this effort to make International Day of Yoga-2022 (IDY) is observed in a befitting manner at all levels by the members of the Bharat Scouts and Guides with a request you to carry out advance planning and preparations for the observation of IDY on 21<sup>st</sup> June, 2022 as suggested above. A wide publicity may please be given in electronics & print media and create impact of Scouting/Guiding in the community at large.

Thanking you,

Yours Sincerely,



(AMAR B. CHETTRI)  
JT. DIRECTOR OF SCOUTS (PROG. & TRG.)

**Copy to:-**

1. All the NHQ Office Bearers of the Bharat Scouts and Guides, National Headquarters.
2. Chairman/Secretary, Railway Scout and Guide Board, Rail Bhawan, New Delhi.
3. The Commissioner, Kendriya Vidyalaya Sangathan, 18 Institutional Area, Shahid Jeet Singh Marg, New Delhi - 110016.
4. The Commissioner, Novadaya Vidyalaya Samiti, Institutional Area, B-15, Sector - 62, Noida-201309, Uttar Pradesh.
5. All the District Secretaries, District Association of Dammam, Riyadh, Muscat, Jamiat Youth Club and Sea Scout/Guide Auxiliary Unit with a request to take necessary action.