



CBSE/DIR(ACAD)/2019

Date : May 1, 2019  
Circular No. Acad - 26/2019

All the Heads of Schools affiliated to CBSE

**Subject: Celebration of 5<sup>th</sup> International Day of Yoga – regarding**


The Ministry of Ayush, Govt. of India will be observing 5<sup>th</sup> International Day of Yoga (IDY) on 21<sup>st</sup> June, 2019. The centre-piece of IDY 2019 would be the mass yoga demonstrations wherein the participants pursue the drill of Common Yoga Protocol (CYP) in harmony.

Since youth in India is the dominant demographic group and has the power to take the nation forward, so the students should play an enlarged role in different events and activities organized to observe IDY 2019.

In order to promote yoga among youth, the schools may:

1. Organize yoga workshops for teachers and students
2. Introduce yoga programs in annual festivals of school
3. Take steps to expose students to CYP which is a 45 minute sequence of relatively simple yoga drills put together as protocol by the yoga expert. Qualified yoga trainers would be able to provide complete CYP training to students over 15 one hour sessions which can ideally be spread over 15 days.

Schools are requested to join in this country wide movement for the promotion of health and well-being with enthusiasm.

  
(Dr. Joseph Emmanuel)  
Director (Academics)

Copy to the respective Heads of Directorates, Organizations and Institutions as indicated below with a request to disseminate the information to all the schools under their jurisdiction:

1. The Commissioner, Kendriya Vidyalaya Sangathan, 18-Institutional Area, Shaheed Jeet Singh Marg, New Delhi-16
2. The Commissioner, Navodaya Vidyalaya Samiti, B-15, Sector-62, Institutional Area, Noida-201309
3. The Director of Education, Directorate of Education, Govt. of NCT of Delhi, Old Secretariat, Delhi-110 054
4. The Director of Public Instructions (Schools), Union Territory Secretariat, Sector 9, Chandigarh-160 017
5. The Director of Education, Govt. of Sikkim, Gangtok, Sikkim –737101



6. The Director of School Education, Govt. of Arunachal Pradesh, Itanagar –791 111
7. The Director of Education, Govt. of A&N Islands, Port Blair – 744101
8. The Director of Education, S.I.E., CBSE Cell, VIP Road, Junglee Ghat, P.O. 744103, A&N Island
9. The Director, Central Tibetan School Administration, ESSESS Plaza, Community Centre, Sector 3, Rohini
10. The Additional Director General of Army Education, A – Wing, Sena Bhawan, DHQ, PO, New Delhi-110001
11. The Secretary AWES, Integrated Headquarters of MoD (Army), FDRC Building No. 202, Shankar Vihar (Near APS), Delhi Cantt-110010
12. The Under Secretary (EE-1), MHRD, Govt. of India, Department of SE&L, Shastri Bhawan, New Delhi-01
13. All Regional Directors/Regional Officers of CBSE with the request to send this circular to all the Heads of the affiliated schools of the Board in their respective regions
14. All Joint Secretaries/ Deputy Secretaries/ Assistant Secretaries/ Analysts (Academic, Training and Vocational Unit), CBSE
15. In charge IT Unit with the request to put this circular on the CBSE Academic website
16. The Senior Public Relations Officer, CBSE
17. PPS to Chairperson, CBSE
18. SPS to Secretary, CBSE
19. SPS to Director (EDUSAT, Research and Development), CBSE
20. SPS to Director (Information Technology), CBSE
21. SPS to Controller of Examinations, CBSE
22. PS to Director (Academics), CBSE
23. SPS to Director (SE & T), CBSE
24. SPS to Director (Professional Exams), CBSE

**Director (Academics)**