



केन्द्रीय माध्यमिक शिक्षा बोर्ड

(शिक्षा मंत्रालय, भारत सरकार के अधीन एक स्वायत्त संगठन)

CENTRAL BOARD OF SECONDARY EDUCATION

(An Autonomous Organisation Under the Ministry of Education, Govt. of India)



CBSE/DIR(ACAD)/2022

May 05, 2022

Cir. No.A cad-52/2022

All the Heads of Schools affiliated to CBSE

Subject: Observing International Day of Yoga (IDY) on 21.06.2022 – reg.

The 8th International Day of Yoga (IDY) will be celebrated on 21st June 2022. The worldwide acceptance of Yoga is a matter of pride for our country, as Yoga is an integral part of our cultural and spiritual heritage.

As the upcoming 8th IDY is falling in the year of **Azadi Ka Amri Mahotsav**, the Ministry of AYUSH, Government of India proposes to observe IDY at Iconic Sites across the country for India Branding.

Annexure 'A' includes the suggestive activities. The Schools may organise few of the Yoga Events out of the list in such a way that the activities undertaken culminates on 21.06.2022.

Besides organising IDY at School premises, you may also identify an Iconic site / Historical Monument nearby and organise Yoga Activities on 21.06.2022 by following due procedure.

A few selective Photographs (maximum 03) and a very brief report (not exceeding 100 words) shall be uploaded at the IDY 2022 -Google Proforma to be made live at the Board's website www.cbseacademic.nic.in on 17.06.2022.

Schools may also create an 'International Day of Yoga 2022' link at its own website and upload the information and pictures about the celebration.

Keeping in view the rising numbers in COVID cases; you are advised to strictly follow the COVID Protocol as referred by the Govt of India and the State Govt concerned for the safety of participants.

Dr. Joseph Emmanuel
Director (Academics)



'शिक्षा सदन', 17 राऊज़ एवेन्यू, इंस्टीट्यूशनल एरिया, नई दिल्ली -110002
'Shiksha Sadan', 17, Rouse Avenue, Institutional Area, New Delhi – 110002





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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 Secretary, Eklavya Model Residential Schools (EMRS), Ministry of Tribal Affairs, Government of India.
4. The Secretary, Sainik Schools Society, Room No. 101, D-1 Wing, Sena Bhawan, New Delhi-110001.
5. The Chairman, Odisha Adarsha Vidyalaya Sangathan, N-1/9, Near Doordarshan Kendra, PO Sainik School Nayapalli, Bhubaneswar, Odisha-751005.
6. The Director of Education, Directorate of Education, Govt. of NCT of Delhi, Old Secretariat, Delhi-110 054
7. The Director of Public Instructions (Schools), Union Territory Secretariat, Sector 9, Chandigarh-160017
8. The Director of Education, Govt. of Sikkim, Gangtok, Sikkim –737101
9. The Director of School Education, Govt. of Arunachal Pradesh, Itanagar –791 111
10. The Director of Education, Govt. of A&N Islands, Port Blair – 744101
11. The Director of Education, S.I.E., CBSE Cell, VIP Road, Junglee Ghat, P.O. 744103, A&N Island
12. The Director, Central Tibetan School Administration, ESSESS Plaza, Community Centre, Sector -3, Rohini, Delhi
13. The Additional Director General of Army Education, A –Wing, Sena Bhawan, DHQ, PO, New Delhi-110001
14. The Secretary AWES, Integrated Headquarters of MoD (Army), FDRC Building No. 202, Shankar Vihar (Near APS), Delhi Cantt-110010
15. 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
16. All Joint Secretary/ Deputy Secretary/ Assistant Secretary/SPS / Analyst, CBSE
17. All Head(s)/ In-Charge(s), Centre of Excellence, CBSE
18. In charge IT Unit with the request to put this Circular on the CBSE Academic Website
19. In-Charge, Library
20. The Head (Media & Public Relations), CBSE
21. DS to Chairman, CBSE
22. SPS to Secretary, CBSE
23. SPS to Director (Academics), CBSE
24. SPS to Director (Information Technology), CBSE
25. SPS to Controller of Examinations, CBSE
26. SPS to Director (Training and Skill Education), CBSE
27. SPS to Director (Professional Examinations), CBSE
28. SPS to Director (CTET), CBSE
29. SPS to Director (EDUSAT), CBSE
30. Record File

Director (Academics)



‘शिक्षा सदन’, 17 राऊज़ एवेन्यू, इंस्टीटूशनल एरिया, नई दिल्ली –110002
‘Shiksha Sadan’, 17, Rouse Avenue, Institutional Area, New Delhi – 110002



INTERNATIONAL DAY OF YOGA (IDY) 21 June 2022
SUGGESTED LIST OF ACTIVITIES

<ul style="list-style-type: none"> • Awareness Rally (Yog se Nirog); Nukkad Natak on Yoga
<ul style="list-style-type: none"> • Talk on Yoga by eminent Yoga Teachers/Gurus
<ul style="list-style-type: none"> • Seminar and Exhibition on Importance of Yoga
<ul style="list-style-type: none"> • Organise - Mass Yoga Session, Painting Competition, Poster Making, Slogan Writing, Essay Writing Competition, Showing Videos on Yoga, Quizzes, Debates
<ul style="list-style-type: none"> • Visit to Old Age Home or an Orphanage and organise Yoga session
<ul style="list-style-type: none"> • Organise Nukkad Natak on the theme Yoga
<ul style="list-style-type: none"> • Inter School Yoga Competitions
<ul style="list-style-type: none"> • Prepare songs based on theme 'Azadi ka Amrut Mahotsav'
<ul style="list-style-type: none"> • Organise Yoga and Meditation sessions for School Management, Staff, Students, Parents and Community
<ul style="list-style-type: none"> • Mass Surya Namaskar display
<ul style="list-style-type: none"> • Make human Pyramid using various Yoga postures
<ul style="list-style-type: none"> • Performing Mass Yoga at some nearby historic Monument/Iconic site
<ul style="list-style-type: none"> • Performing Skit on Yoga and uploading at Youtube/Facebook
<ul style="list-style-type: none"> • Clay Moulding - Favourite Yoga Pose
<ul style="list-style-type: none"> • Awareness on Benefits of Yoga
<ul style="list-style-type: none"> • Wall Painting depicting various Yoga Postures
<ul style="list-style-type: none"> • Paper Bags Making - Theme: Yoga
<ul style="list-style-type: none"> • Yoga logo making
<ul style="list-style-type: none"> • Workshop for Mothers to make Yoga a daily life style
<ul style="list-style-type: none"> • Display of different poses of Yoga through Fit India Yoga Mobile App
<ul style="list-style-type: none"> • Organise Rhythmic Yoga
<ul style="list-style-type: none"> • Organise events in the disciplines like Chess, Sudoku, Puzzles etc