



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/ACAD/DS(MS)/2023

Date: 16.06.2023

Circular No: Acad-72/2023

All the Heads of Schools affiliated to CBSE

Subject: Celebration of International Day of Yoga 2023 – reg.

Dear Principal

United Nations has declared 21st June as 'International Day of Yoga' (IDY). It has been a worldwide celebration for the last 8 years and has effectively facilitated the global dissemination of the significance of practising Yoga for overall health and well-being and enduring sustainable lifestyle. The theme for this year is 'Yoga for Vasudhaiva Kutumbakam'. The domestic tagline for IDY 2023 is 'Har Aangan Yog' being propagated to bring Yoga to every household at the grassroot level. Ministry of Ayush, Government of India has prepared 'The IDY Handbook' which is available at the link: <https://drive.google.com/drive/folders/1pyJW4GuklqAzqBiYe5s58XeeLk1PSGy4?sort=13&direction=a>

In view of above, you are requested to organize the following suggestive activities to celebrate the International Day of Yoga 2023:

1. Organize Yoga Workshops and Seminars for students & teachers and encourage them to practice and adopt Yoga.
2. Mass Yoga demonstration may be arranged on the International Day of Yoga.
3. Quiz and Essay Writing Competitions on Yoga-theme may be organized to create interest among the students.
4. Encourage students and staff to participate in IDY competitions organized by Ministry of Ayush on MyGov platform (<https://www.mygov.in/>) such as Jingle contest, PM Yoga awards (<https://innovateindia.mygov.in/pm-yoga-awards/>) etc.
5. Publish Yoga & IDY-specific articles in School's e-newsletter, bulletin, magazine etc.
6. **Yoga Quiz:** A Yoga Quiz is being organized by the Ministry of Ayush (MoA), in collaboration with the MyGov on platform (<https://quiz.mygov.in/quiz/international-day-of-yoga-2023-quiz-2-0/>).
7. **Yoga Pledge:** Ministry of Ayush is encouraging the citizens to take **Yoga Pledge** (<https://yoga.ayush.gov.in/yoga/>), with a resolve to make Yoga an integral part of their daily lives.

A brief report of activities (including 2-3 photographs) may be uploaded by the schools at: <https://forms.gle/UqhZRwBoymHyejrQA>

You are requested to take a note of the above and organize the above suggestive activities in your school and also encourage the students & teachers to participate in these activities so as to make celebration of International Day of Yoga a grand success.

With Best Wishes

Dr. Joseph Emmanuel
Director (Academics)



'शिक्षा सदन', 17 राऊज़ एवेन्यू, इंस्टीटूशनल 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, Odhisha-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 School Education, Ladakh, Room No.101-102, Ground Floor, Council Secretariat, Kurbathang, Kargil - Ladakh
12. The Director of School Education, Andhra Pradesh, 3rd Floor, B block, Anjaneya Towers, VTPS Rd, Bhimaraju Gutta, Ibrahimpatnam, Andhra Pradesh – 521 456
13. The Director, Central Tibetan School Administration, ESSESS Plaza, Community Centre, Sector -3, Rohini, Delhi
14. The Additional Director General of Army Education, A –Wing, Sena Bhawan, DHQ, PO, New Delhi-110001
15. The Secretary AWES, Integrated Headquarters of MoD (Army), FDRC Building No. 202, Shankar Vihar (Near APS), Delhi Cantt-110010
16. DS to Chairperson, CBSE
17. Secretary/ Controller of Examinations/ All Directors, CBSE
18. 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
19. All Joint Secretary/ Deputy Secretary/ Under Secretary/ Assistant Secretary, CBSE
20. All Head(s)/ In-Charge(s), Centre of Excellence, CBSE
21. In charge IT Unit with the request to put this Circular on the CBSE Academic Website
22. In-Charge, Library
23. Record File

Director (Academics)



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