

# CENTRAL BOARD OF SECONDARY EDUCATION

(An autonomous Organisation under the Union Ministry of Human Resource Development, Govt. of India)

"SHIKSHA KENDRA" 2, COMMUNITY CENTER, PREET VIHAR, DELHI-110092

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CBSE/SPORTS/2016

18.05.2016

Circular No.:Acad-17/2016

*The Principals*  
All the Schools affiliated to CBSE

**Sub: Celebration of 2<sup>nd</sup> International Day of Yoga, 2016 - reg....**

Madam/Sir

The United Nations has declared 21 June as the International Day of Yoga & it is celebrated worldwide since the year 2015.

'Yoga' is one of the old discipline that has been given to the world by India. 'Yoga' is a Sanskrit word meaning 'Union' which uses breathing techniques, exercise and meditation to improve health and happiness.

Keeping in mind its significance for the masses, this year too, the 2<sup>nd</sup> International Day of Yoga is being celebrated on 21 June, 2016. Schools may organize mass yoga demonstration from 7-8 AM on International Day of Yoga in their premises on voluntary basis.

Further, to promote scientific practice of Yoga, the Ministry of AYUSH has developed a 'Common Yoga Protocol'. This protocol has been designed in such a way that it requires minimum time to practice while ensuring maximum health benefits to an individual. The common Yoga protocol can be downloaded by visiting website [www.indianmedicine.nic.in](http://www.indianmedicine.nic.in)

All the schools affiliated to Board are advised to participate in this celebration of International Day of Yoga not just for a day but for the whole academic year so as to make it a part of daily school routine.

For this purpose, the schools may incorporate the following in their internal activities calendar on voluntary basis:

01. The Common Yoga Protocol must regularly be practiced by the children of classes VI and above.
02. The schools may organize Musical Yoga Events, Fests, Debate, Essay, Quiz & Drawing Competitions based on "Yoga".
03. The entire school's population may participate in mass yoga demonstration at least once a week early in the morning during assembly hours.
04. The schools may include Yoga as an activity for assessment under CCE upto Secondary Level. Such assessment/grades shall be depicted in the Student's Annual Report Card.
05. Every school may send at least one Yoga/Physical Education Teacher for "Certification Course" being organized by Ministry of AYUSH in collaboration with Quality Council of India (QCI). Such certification shall be obtained at the earliest by every school. For further details in this regard, refer the website of Ministry of AYUSH.

The schools are further advised to upload the Yoga activities undertaken by them on its website and also forward a brief report to the Joint Director (PE & Sports), CBSE, Preet Vihar, Delhi - 110 092

**With best wishes**



Joseph Emmanuel  
Secretary

**Copy to the respective Heads of Directorates/KVS/NVS/CTSA also as indicated below with a request to disseminate the information to all the concerned schools under their jurisdiction:**

1. The Commissioner, KVS, 18 Institutional Area, Shaheed Jeet Singh Marg, N. Delhi
2. The Commissioner, Navodya Vidyalaya Samiti, A-28, Kailash Colony, New Delhi
3. The Director of Education, Directorate of Education, Govt. of NCT of Delhi, Old Secretariat, Delhi
4. The Director of Public Instructions (Schools), Union Territory Secretariat, Sector-9, Chandigarh
5. The Director of Education, Govt. of Sikkim, Gangtok, Sikkim-737101
6. The Director of School Education, Govt of Arunachal Pradesh, Itanagar-791111
7. The Director of Education, Govt. of Andaman and Nicobar Islands, Port Blair
8. The Secretary, CTSA, ESSESS Plaza, Community Centre, Sec-3, Rohini, Delhi
9. All the HODs of CBSE
10. All Regional Officers of CBSE
11. Additional Director (Academics) CBSE, Rouse Avenue, New Delhi
12. All COE's of the Board
13. PS to Chairman CBSE
14. PRO, CBSE



**Secretary**