

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)/2021

Date: May 27, 2021
Circular No. Acad-35 /2021

All the Heads of Schools affiliated to CBSE

Subject: Observing International Day of Yoga (IDY) on 21.06.2021 - reg.

The 7th International Day of Yoga (IDY) will be celebrated on 21st June 2021. It has been tried and tested that practicing Yoga helps in the development of stronger physical and mental well-being. The simple Yoga Kriyas help in regaining the sense of control and enables mind and body provide tools for better management of anxiety due to situation beyond control.

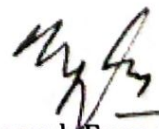
Due to the pandemic situation, all schools are advised to organise the 7th International Day of Yoga virtually on 21 June 2021 for its students.

Following online events may be organized to celebrate the IDY 2021:

1. Online Quiz Competition on Yoga
2. Online Yoga workshops for Parents, Teachers and Students
3. A 15 days Yoga Training Program for Parents, Teachers and Students through a Qualified Yoga Trainer for the promotion of health and well-being. The program may be scheduled in such a way that it culminates on 21 June 2021

Schools are also advised to visit the Ministry of Ayush website www.ayush.gov.in for further details about the International Day of Yoga 2021 including Common Yoga Protocol and Guidelines for Physical and Psychological Well-being during COVID-19.

Schools may create an 'International Day of Yoga 2021 link' at its website's homepage and may upload the information and pictures about the celebration.


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 JeetSingh Marg, New Delhi-16.



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



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2. The Commissioner, Navodaya Vidyalaya Samiti, B-15, Sector-62, Institutional Area, Noida 201309
3. The Secretary School Education, Special Project Director SSA/ Directorate of Education/Director (SCERT) – Govt. of NCT of Delhi.
4. The Secretary School Education, Special Project Director-SSA / Directorate of Education/Director SCERT – UT Chandigarh.
5. The Secretary School Education, Special Project Director-SSA/Director of Education/Director (SCERT), Govt. of Sikkim, Gangtok.
6. The Secretary School Education, Special Project Director-SSA/Director of Education/Director (SCERT), Govt. of Arunachal Pradesh, Itanagar.
7. The Secretary School Education, Special Project Director-SSA/Director of Education/Director (SCERT), Govt. of A&N Islands, Port Blair.
8. Director Schools, IAF Educational Cultural Society Air Headquarters (RKP) West Block-VI, R. K. Puram New Delhi – 110066
9. The Principal Director, Director of Naval Education (Navy Education Society) H.Q. MOD (NAVY) West Block-V, II Floor, R.K. Puram New Delhi – 110066
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), FDR Building No. 202, Shankar Vihar (Near APS), Delhi Cantt-110010
12. The Director, Central Tibetan School Administration, ESSESS Plaza, Community Centre, Sector 3, Rohini
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 Heads/ In-Charges, COEs of the Board with request to disseminate the information
15. All Joint Secretary/Deputy Secretary/Assistant Secretary, CBSE
16. In charge IT Unit with the request to put this circular on the CBSE Academic website
17. The Head Public Relations Unit, CBSE
18. DS to Chairman, CBSE
19. SPS to Secretary, Director (IT), Director (Academics), Controller of Examinations, Director (SE&T) and Director (PE), CBSE

Director (Academics)



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