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केन्द्रीय मुक्त विद्यालयी शिक्षा एवं परीक्षा बोर्ड

(आर्यसभ्यता के प्रवर्धन हेतु 19(1)(सी) एवं 19(1)(जी) तथा मानव संसाधन एवं विकास विभाग, भारत सरकार के अधीन एक स्वायत्त संस्था)

पंचौद्यक्यालय : चतुर्थकल, प्राईमस्ताला, इंदिरानगर, लखनऊ- 226016

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CENTRAL BOARD OF OPEN SCHOOLING AND EXAMINATION

(An Autonomous organization under Article 19(1)(C) and 19(1)(G) of the Constitution of India and under the Ministry of Human Resource Development, Government of India)

पत्रांकसंख्या

Ref. No.: CBOSE/Aco/7038

दिनांक:

Date: 14/06/24

Circular

To,

All the Heads of Schools affiliated to CBOSE

Subject: Celebration of International Day of Yoga (IDY) 2024 – reg.

Dear Principal,

United Nations has declared 21st June as 'International Day of Yoga' (IDY). There have been worldwide celebrations during the previous years. This has effectively facilitated the global dissemination of the significance of Yoga for overall health and well-being and enduring sustainable lifestyle.

Ministry of Ayush, Government of India has prepared 'Common Yoga Protocol' Handbook which is available at the following link:

<https://yoga.ayush.gov.in/public/assets/front/pdf/CYPEnglishLeaflet.pdf>

'Common Yoga Protocol' videos are available in 22 Indian languages at the following link:

<https://www.youtube.com/playlist?list=PLxZ05kgQiFwf6JbbEvThly9AcZ0xrfxvk>

In view of above, you are requested to organize the following suggestive activities to celebrate the International Day of Yoga 2024:

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/task/international-day-yoga2024-jingle-contest/>) and PM Yoga Awards (<https://innovateindia.mygov.in/pm-yogaawards-2024/>) 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/internationalday-of-yoga-2024-quiz/>).

The schools should conduct the above suggestive activities following all instructions of the concerned State/ UT Government issued from time to time regarding summer vacations etc.

A brief report of activities (including 2-3 photographs) may be uploaded by the schools at: <https://forms.gle/2XeSdQvD53Tk9KUi9>

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

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

1. All Regional Directors/Regional Officers of CBOSE with the request to send this circular to all the Heads of the affiliated schools of the Board in their respective regions
2. All Joint Directors/Deputy Directors/Assistant Directors, CBOSE
3. In charge IT Unit with the request to put this circular on the CBOSE websites
4. The Assistant Librarian, CBOSE
5. The Public Relations Officer, CBOSE
6. PS to Chairperson, CBOSE
7. SPS to Secretary, CBOSE
8. Guard File



Organization Secretary
Central Board of Open Schooling and
Examination, New Delhi