

# 'Yoga at Home, Yoga with Family' - Observing International day of Yoga on June 21, 2020

The Ministry of Ayush has started a campaign called 'Yoga at Home, Yoga with Family', to encourage the practice of Yoga with family members to counter the effects of the viral infection, while practicing all precautionary measures to slow down the spread of COVID-19. To observe the International day of Yoga on 21st June 2020, the Ministry will be organizing a trainer led Yoga session which will be broadcast on television at 7 AM on June 21, 2020 for people to follow and practice in solidarity.

## Kindly note

Students are advised to attend the session with their family members.

After the session you should send your photos performing yoga with family to your respective PE Teacher.

Also spare time to fill the form using the given link.

<https://forms.gle/CTGUADjVyu1DZCdA6>

**Regards**

**GDGPSD**



CBSE/DIR(ACAD)/2020

June 19, 2020  
Circular No. Acad-43/2020

All the heads of Schools affiliated to CBSE

**Subject: 'Yoga at Home, Yoga with Family' - Observing International day of Yoga on 21<sup>st</sup> June 2020– reg.**

The Ministry of Ayush has started a campaign called '**Yoga at Home, Yoga with Family**', to encourage the practice of Yoga with family members to counter the effects of the viral infection, while practicing all precautionary measures to slow down the spread of COVID-19. To observe the International day of Yoga on 21<sup>st</sup> June 2020, the Ministry will be organizing a trainer led Yoga session which will be broadcast on television at 7 AM on 21<sup>st</sup> June 2020 for people to follow and practice in solidarity.

Schools are encouraged to share (through social media or other channels) the above information with the students, teachers and other stakeholders for raising awareness and driving participation. You are also requested to send the report of participation of students and their families and other stakeholders who practiced Yoga at 7 am on 21<sup>st</sup> June 2020 in the participation form available at the link:

[Http://forms.gle/Kj7oAjbejSasvDPLA](http://forms.gle/Kj7oAjbejSasvDPLA)

(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 Jeet Singh Marg, New Delhi-16.
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, SenaBhawan, DHQ, PO, New Delhi-110001
11. The Secretary AWES, Integrated Headquarters of MoD (Army), FDRC 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. EO to Chairman, CBSE
19. SPS to Secretary, Director (IT), Director (Academics), Controller of Examinations, Director (SE&T) and Director (PE), CBSE

**Director (Academics)**

