



CBSE/DIR(ACAD)/2020

June 16, 2020
Circular No. Acad-41/2020

All the heads of Schools affiliated to CBSE

Subject: Observing International Day of Yoga (IDY) on 21.06.2020 – reg.

As you are aware, the International Day of Yoga (IDY) is scheduled on 21st June 2020. In the wake of COVID-19 pandemic, this year it will be observed virtually. Following online events are being organized to celebrate the IDY 2020:

I. ONLINE QUIZ COMPETITION ON YOGA

1. NCERT is organizing an **Online National Quiz Competition on Yoga** on the theme '**Yoga for Health and Harmony**'.
2. The Quiz will be open for one month, starting from **21st June 2020** and will close on **20th July midnight, 2020**. This online quiz competition will provide flexibility to students to respond at their own convenience however within a given period of time.
3. Students of classes VI to XII are eligible to participate in this online quiz competition.
4. The Quiz will be based on the syllabus of NCERT developed for yoga for upper primary and secondary stages.

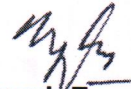
The complete guidelines about the Quiz are enclosed for ready reference.

II. 'MY LIFE MY YOGA' VIDEO BLOGGING COMPETITION

1. An online competition for posting 3 minutes videos on yoga poses is being organized on My Gov. platform by Ministry of AYUSH. The last date for submission of entries is 11.50 PM IST on June 21,2020.

The complete guidelines for this competition are also enclosed.

Schools are requested to encourage students to participate in the above mentioned online competitions and post videos/photos of online Yoga classes of children doing Yoga (if organized by school) on social media and also on the **ASAR App (Affiliated Schools Activity Report)** available on Playstore for Android Phones.


(Dr. Joseph Emmanuel)
Director (Academics)

Encl.: As stated above