



# 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/ACAD/DS(MS)/2025

Date: 14.06.2025

Circular No: Acad-34/2025

All the Heads of Schools affiliated to CBSE

Subject: Celebration of International Day of Yoga (IDY) 2025 – reg.

Dear Principal

United Nations has declared 21<sup>st</sup> 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 developed a portal with all details, digital assets and latest information about IDY activities: <https://yoga.ayush.gov.in/yoga-sangam>

'Common Yoga Protocol' videos are available in 22 Indian languages at the following link: [https://youtube.com/playlist?list=PLxZ05kgQiFwf6JbbEvThly9AcZ0xrfxvk&si=\\_xy\\_A9uOqJLRKm5i](https://youtube.com/playlist?list=PLxZ05kgQiFwf6JbbEvThly9AcZ0xrfxvk&si=_xy_A9uOqJLRKm5i)

In view of above, you are requested to organize the following suggestive activities to celebrate the International Day of Yoga 2025:

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 various **IDY competitions organized by Ministry of Ayush on MyGov platform** (<https://www.mygov.in/>), i.e. E-Poster Competition on the Occasion of IDY 2025, Essay Contest on International Day of Yoga 2025, Yog Geet/ Jingle Contest 2025 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/international-day-of-yoga-2025-quiz/>).
7. **Namaste Yoga App**: This App a one stop health solution that enables people to access yoga related information, yoga events and yoga classes at their fingertips. The app also provides information on one's physical activity in terms step count and calories burnt. The link for the app is as follows: [https://play.google.com/store/apps/details?id=yogatracker.np.com.yogatracker&hl=en\\_IN](https://play.google.com/store/apps/details?id=yogatracker.np.com.yogatracker&hl=en_IN)

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/vCT6tWpcZEoTEqEQ8>

You are requested to encourage the students and all stakeholders to participate in these activities so as to make celebration of International Day of Yoga a grand success.

With Best Wishes!

Dr. Praggya M Singh  
Director (Academics)



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**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, Eklaya Model Residential Schools (EMRS), Ministry of Tribal Affairs, Government of India.
4. The Secretary, Sainik Schools Society, Room No. 101, D-1 Wing, Sena Bhawan, New Delhi-110001
5. The Chairman, Odisha Adarsha Vidyalaya Sangathan, N-1/9, Near Doordarshan Kendra, PO Sainik School Nayapalli, Bhubaneswar, Odisha-751005
6. The Director of Education, Directorate of Education, Govt. of NCT of Delhi, Old Secretariat, Delhi-110 054
7. The Director of Public Instructions (Schools), Union Territory Secretariat, Sector 9, Chandigarh-160017
8. The Director of Education, Govt. of Sikkim, Gangtok, Sikkim –737101
9. The Director of School Education, Govt. of Arunachal Pradesh, Itanagar –791 111
10. The Director of Education, Govt. of A&N Islands, Port Blair – 744101
11. The Director of School Education, Ladakh, Room No.101-102, Ground Floor, Council Secretariat, Kurbathang, Kargil - Ladakh
12. The Director of School Education, Andhra Pradesh, 3<sup>rd</sup> Floor, B block, Anjaneya Towers, VTPS Rd, Bhimaraju Gutta, Ibrahimpatnam, Andhra Pradesh – 521 456
13. The Director, Central Tibetan School Administration, ESSESS Plaza, Community Centre, Sector -3, Rohini, Delhi
14. The Additional Director General of Army Education, A –Wing, Sena Bhawan, DHQ, PO, New Delhi-110001
15. The Secretary AWES, Integrated Headquarters of MoD (Army), FDRC Building No. 202, Shankar Vihar (Near APS), Delhi Cantt-110010
16. DS to Chairperson, CBSE
17. Secretary/ Controller of Examinations/ All Directors, CBSE
18. 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
19. All Joint Secretary/ Deputy Secretary/ Under Secretary/ Assistant Secretary, CBSE
20. All Head(s)/ In-Charge(s), Centre of Excellence, CBSE
21. In charge IT Unit with the request to put this Circular on the CBSE Academic Website
22. In-Charge, Library
23. Record File

**Director (Academics)**



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