



केन्द्रीय माध्यमिक शिक्षा बोर्ड  
CENTRAL BOARD OF SECONDARY EDUCATION

CBSE/ACAD/DD(MS)/YOGA/2018

Date: 15.06.2018  
Circular No.Acad - 17/2018

All Heads of Schools affiliated to CBSE

Subject: Celebration of International Day of Yoga – 2018

The United Nations has declared 21 June as 'International Day of Yoga' and this has been started from 2015 at international level. Group Yoga Demonstration based on Common Yoga Protocol (CYP) is the centre-piece of activities related to the International Day of Yoga. The Asanas and practices forming part of the CYP have been codified in such a way so as to yield the maximum health and well-being rewards to a diverse group of people from different profiles of health and age etc.

To promote the adoption of CYP, the Ministry of AYUSH, Government of India has been sharing Yoga Prayer and Common Yoga Protocol videos on Social Media Platforms of Ministry of AYUSH. The URLs for the Social Media Platforms are as follows:

1. <http://yoga.ayush.gov.in/>
2. <http://www.facebook.com/moayush/>
3. <http://twitter.com/moayush>
4. <http://www.instagram.com/ministryofayush/>

All school heads are requested to share the said links of video clips with all the stakeholders. This will serve to reach out to the people in large numbers, and in turn help disseminate this valuable information to benefit various strata of the population for their well-being.

The schools may contact **Dr. Manjit Singh**, Sports Cell, CBSE at [manjit.cbse@gmail.com](mailto:manjit.cbse@gmail.com) or [cbsegames@gmail.com](mailto:cbsegames@gmail.com) for any further query.

(Dr. Sanyam Bhardwaj)  
Director (Academics)

Copy to:

1. PS to Chairperson, CBSE
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4. SPS to Director (Information Technology), CBSE
5. SPS to Director (Special Exams and CTET), CBSE
6. SPS to Director (Vocational and Trainings), CBSE
7. SPS to Joint Secretary (Coordination), CBSE
8. The Sr. Public Relations Officer, CBSE
9. 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
10. All Joint Secretaries/ Deputy Secretaries/ Assistant Secretaries, CBSE
11. The Hindi Officer, CBSE
12. The Assistant Librarian, CBSE
13. The Officer in charge of I.T. with the request to put this circular on the CBSE websites

Sd/-  
Director (Academics)

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