



केन्द्रीय विद्यालय संगठन / KENDRIYA VIDYALAYA SANGATHAN
(Min. of HRD, Deptt. of Education, Govt. of India)
18-संस्थागत क्षेत्र / 18-Institutional Area
शहीद जीत सिंह मार्ग / Shaheed Jeet Singh Marg
नई दिल्ली - 110016 / New Delhi - 110016
Tel: 26533749, Fax No. 011-26514179
www.kvsangathan.nic.in

F.No.110355/07/2015/KVS(HQ)/Sports/YOGA/139-163

Dated: 04.05.2016
2/5/10

The Deputy Commissioner
Kendriya Vidyalaya Sangathan
All Regional Offices

Sub: Celebration of 2nd International Day of Yoga 2016-reg.


Madam/Sir,

2nd International Day of Yoga 2016 which falls on 21st June is to be celebrated in all KVs and accordingly action is to be taken on the following points:

1. Students should be trained for International Day of Yoga 2016 as per the Common Yoga Protocol which is available in the Ministry of AYUSH website i.e. www.indianmedicine.nic.in. in the link "International Day of YOGA". The Participation should be on voluntary basis and the students should be motivated to perform Mass Yoga Demonstration from 07-08 AM on 21st June, 2016.
2. Other programmes like fun activities, musical yoga events etc. may also be organized.
3. Besides, the celebration of 21st June 2016, events may be carried out throughout the year for which a year-long calendar should be prepared by each KV. This should include lectures and demonstration of Yoga by eminent Gurus or Professionals, organizing of debate, quiz, essay and drawing competition to promote Yoga among the students.
4. School may conduct a Yoga class at least once a week on pre-decided day and an advisory may be sent to the Parents by the school to send their wards to school with light refreshment on that day along with packed breakfast which the students will have after the Yoga class.

You are also requested to submit a consolidated action plan for your region for International Day of Yoga 2016 to this office within 05.05.2015.

Yours faithfully,


(Dr. Shachi Kant)
Joint Commissioner (Trg.)