

संजय कुमार, भा.प्र.से
सचिव

Sanjay Kumar, IAS
Secretary



भारत सरकार
शिक्षा मंत्रालय
स्कूल शिक्षा और साक्षरता विभाग
Government of India
Ministry of Education
Department of School Education & Literacy

D.O. No. 13-2/2024-IS.4

Dated: 13.06.2024

Dear Additional Chief Secretary/Principal Secretary/Secretary,

As you may be aware that 10th International Day of Yoga (IDY) is to be celebrated across the world on 21.06.2024. After the initiative of the Hon'ble Prime Minister at the United Nations General Assembly (UNGA), in 2014, the world has been celebrating the International Day of Yoga (IDY) on 21st June every year, since the last nine years. It has helped India to spread the message and benefits of Yoga which is widely acknowledged across the world. The Ministry of Ayush, being the Nodal Ministry for observation of International Day of Yoga', organizes various events for spreading awareness about the practice of Yoga for holistic well-being and sustainable living. For 2024, the theme is **"Yoga for Self and Society /योग स्वयम् और समाज के लिए"**.

2. With a view to extend support for IDY activities among school children on the basis of M/o Ayush initiatives on yoga, Department of School Education & Literacy has prepared a write-up containing information about Yoga and IDY which is annexed with this letter.

3. You are requested to spread awareness among all schools so that school children may know about the benefits of yoga for healthy life and circulate the write-up to familiarize/motivate them for common yoga protocol(CYP) in their daily activities.

4. To make this event a grand success among school children, you may like to issue necessary instructions to encourage the students for participating in the celebration of 10th International Day of Yoga and other yoga related activities in their schools. You may refer to YouTube videos on Common Yoga Protocol in Hindi, English and in 21 regional languages; the copy of Digital Resources (CYP) for Yoga is annexed.

5. The following two web-links of *Surya Namaskar Asanas* may also be shown to the children, where ever possible, during such yoga activities:

<https://www.youtube.com/watch?v=USs5FUwjXLM>

<https://www.youtube.com/watch?v=LE-BL7WvUfk>

6. For the purpose of monitoring the program, a nodal officer may be appointed and his/her coordinates may be shared with us by 18th June, 2024. The nodal officer will be the single point of contact for school in your

State in facilitating the programme. The nodal officer can create a similar tracker for their States/UTs for collection of data and to upload the same including photographs of events, on DoSEL google spreadsheet link given below:

https://docs.google.com/spreadsheets/d/1tC9v0fm3Std6TmU7neW3BwuCH2cnS-Ycjg8AeHk_mOk/edit#gid=0

Encl: As above

Best Wishes

Yours sincerely,

13/6/2024
(Sanjay Kumar)

To

Additional Chief Secretary/ Principal Secretary/ Secretary (Education),
All States/UTs

Copy for similar action to:

1. Commissioner, KVS
2. Commissioner, NVS
3. Director, NCERT
4. Chairperson, CBSE
5. Chairperson, NCTE
6. Chairperson, NIOS
7. Director, NBB

Copy for information to: Secretary, M/o Ayush