

**GOVERNMENT OF JAMMU & KASHMIR
DIRECTORATE OF SCHOOL EDUCATION JAMMU
MUTHI CAMP, JAMMU – 181205**

Sub: Celebrations of 10th International Day of Yoga-2024 in Schools with theme "Yoga for Self and Society"- reg.

Circular No : ०२ DSEJ of 2024

Dated : १९ - 06 - 2024

In pursuance to the communication received from the Ministry of School Education & Literacy Government of India vide D.O. No: 13-2/2024-IS.4, dated: 13-06-2024, this Directorate has decided to celebrate 10th International Day of Yoga on 21st June, 2024 with theme "Yoga for Self and Society" in all Schools of Jammu Division by organizing various activities related to Yoga to create awareness about India's rich fitness spirit among School children & teachers and accordingly to organize series of yoga related activities/events at district, zone and school level as per the common Yoga Protocols of Ministry of AYUSH as yoga being already a regular feature in Government Schools under the Uniform Co-curricular activity calendar of this Directorate.

In this context, all the Chief Education Officers of Jammu division are impressed upon to ensure its wide publicity among all the Govt. as well as Pvt. Schools of Jammu division via various social media platforms, websites, School whats app groups, twitters, press notes and organize series of Yoga related proposed activities/events w.e.f. 20th June, 2024 to 21st June 2024 at district, zone and school level under Fit India @ DSEJ Project Yoga-2024 appended as Annexure- "A" in offline/online mode. Concerned CEOs shall issue necessary instructions to all the Cluster Heads/subordinate staff /heads of Schools (HSS/HS/MS/PS) for mass participation of good number of students/teachers/staff for this programme involving stakeholders of School Education Department, members of Bhartiya Yog Sansthan J&K Jammu, District Ayush officers/officials, Master Trainers /Yoga Teachers, NCC cadets, NSS volunteers, PETs/PEMs/PELs members from Panchayats and local bodies to make the event of 10th International Day of Yoga a great success in Jammu Division.

The Heads of Cluster Schools shall be directed to monitor these activities in the respective districts and the District Nodal Officers (Fit India) shall furnish status report to this directorate's Fit India Cell on Email Id at fitindia.dsej@jk.gov.in as per the format appended as Annexure- "B" by or before 22nd June, 2024 along with good quality photographs & videos and upload the same on google spread sheet as: <https://docs.google.com/spreadsheets/d/1tC9v0fm3Std6TmU7neW3BwuCH2cnSYcjg8AeHkM0k/edit#gid=Q>



Mr. Govind Sharma, Nodal Officer (mob no: 9419280527), Fit India Cell DSEJ shall be the division level coordinator for this flagship programme of 10th International Day of Yoga 2024.

B. Sharma
Director School Education
Jammu
Dated: 19-06-2024

No: DSEJ/Fit India/IDY/2024/ 14763-14803
Enclosures = 09 (Nine) lvs

Copy to the:

1. Secretary to Government of India, Ministry of School Education & Literacy, New Delhi for kind information.
2. Secretary to GOI, Ministry of Ayush New Delhi for kind information.
3. Mission Director, Fit India Movement, Sports Authority of India, New Delhi for kind information.
4. Principal Secretary to Govt, School Education Deptt., J&K UT, Civil Secretariat Jammu/Srinagar for kind information.
5. Divisional Commissioner Jammu for kind information.
6. Director SCERT, J&K Jammu/Srinagar for information.
7. Deputy Commissioners (All) Jammu Division for information.
8. Director Ayush J&K Jammu for information and with the request to provide Ayush officers/officials for IDY 2024 event.
9. SPD Samagra Shiksha, J&K, Jammu for information.
10. OSD to Advisor (B) to Hon'ble Lt. Governor J&K UT for kind information of Hon'ble Advisor.
11. Joint Directors Schools Jammu Division for information and similar necessary action.
12. Joint Director Information, Jammu for inf. and with the request to publish this circular in the leading newspapers of J&K.
13. President Bhartiya Yog Sansthan J&K Jammu for information with the request to provide Yog experts for IDY-2024 event.
14. **Chief Education Officers (All) Jammu Division for information and necessary action on priority basis.**
15. Heads (All) Cluster Schools Jammu Division for information and necessary action.
16. Mr. Govind Sharma, Divisional Nodal Officer, Fit India Cell, DSEJ for compliance and with the directions to coordinate this event.
17. DNOs (All) Fit India Movement, Jammu Division for information and necessary action.
18. I/C Website DSEJ for uploading it on official Website of DSEJ.
19. Master copy.

DIRECTORATE OF SCHOOL EDUCATION JAMMU, MUTHI CAMP, JAMMU – 181205

Annexure "A"

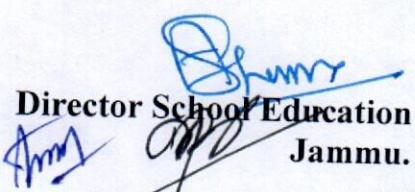
PROGRAMME SCHEDULE

Date/ Day	Activity	Conducted By	Action By
20.06.2024	Yoga workshops/ essay writing competition/symposium/ seminars, Poster & Quiz Competition/ Painting & slogan competitions/ Yoga Asana, Meditation and Pranayama in designated Higher Secondary Schools of Jammu Division with theme "Yoga for Self and Society".	Yoga Master Trainer (Teachers/Masters/Lecturer/ PETs/PEMs/PELs) and Instructors from Bhartiya Yog Sansthan J&K/ Ayush J&K.	Chief Education Officers /Cluster Heads of Schools.
21.06.2024	Mega Celebrations of 10th International Day of Yoga 2024 at district/zone level, all Schools and at identified iconic places on offline as well as online mode.	Yoga Master Trainer Teachers/Masters/Lecturers/ PETs/PEMs/PELs and Instructors from Bhartiya Yog Sansthan J&K/ Ayush J&K.	Chief Education Officers/ Cluster Heads of Schools /HOIs of Schools/DNOs Fit India Movement of Jammu Division.

Annexure-“B”

Format for Action Taken Report For the Participation of Students, Teachers and Stakeholders in 10th International Day of Yoga Celebrations:

Sr. No.	Name of District	Number of Schools where IYD 2024 event happened	Number of Students Participated	Number of Teachers/Staff /Stakeholders Participated	Name Nodal Officer in the District	Contact Number Of the Nodal Officer	Email ID of the Nodal Officer	Whether uploaded selected photos and videos in the dedicated link	Remarks
1	2	3	4		5	6	7	8	9


**Director School Education
Jammu.**

No: DSEJ/Fit India/IDY/2024/

Dated: - 06 - 2024

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

124 'सी' विंग, शास्त्री भवन, नई दिल्ली-110001

124 'C' Wing, Shastri Bhawan, New Delhi-110001

Telephone: +91-11-23382587, +91-11-23381104 Fax : +91-11-23387589

E-mail: secv.sel@nic.in

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-Ycjg8AeHkmOk/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

Yoga for Self and Society योग - स्वयम और समाज के लिये IDY 2024

संगच्छध्वं संवदध्वं
सं वो मनांसि जानताम्
देवा भागं यथा पूर्वे
सञ्जानाना उपासते ॥

May you move in harmony, speak in one voice; let your minds be in agreement; just as the ancient gods shared their portion of sacrifice

"Yoga is an invaluable gift from our ancient tradition. Yoga embodies unity of mind and body, thought and action- a holistic approach is valuable to our health and our well-being. It's not just about exercise; yoga is a way to discover a sound sense of oneness with yourself, the world, and nature." -

Hon. Prime Minister Shri Narendra Modi

Proposal speech in 69th session of General Assembly UN

Yoga is a great gift Bharat has given to the world and is a part of our cultural and spiritual heritage from ancient times. Patanjali is known as the father of yoga, and is credited with writing the Yoga Sutras, one of the foundational texts of yoga. Yoga is a holistic practice integrating physical postures (asanas), breathing techniques (pranayama), meditation, and ethical principles. It aims to unify the mind, body, and spirit, promoting overall well-being and inner peace. Beyond its physical benefits of flexibility, strength, and balance, yoga also enhances mental clarity, emotional stability, and stress reduction. It is suitable for all ages and fitness levels. Yoga fosters mindfulness and a balanced lifestyle besides learning discipline in life.

21st June has been declared as the International Day of Yoga (IDY) by the United Nations, on the initiative of our Hon'ble Prime Minister Shri. Narendra Modi. IDY is being celebrated joyfully and passionately since 2015 with ever-growing number of participants across the world with various themes. The theme for the 10th IDY in 2024 is "**Yoga for Self and Society**". In year 2023, Hon'ble Prime Minister of India Shri Narendra Modi led IDY from the UN headquarters in New York, joined by 135 countries.

While proposing 21 June as the date for Yoga Day, Hon'ble Prime Minister Shri. Narendra Modi explained in his UN address that the date being the longest day of the year in the northern hemisphere (shortest in the southern hemisphere), has special significance in many parts of the world. In the Indian calendars, the summer solstice marks the transition to Dakshinayana. This imparts atmospheric changes because of the movement of Sun to South of the equator and it also indicates six-month period between the summer solstice and winter solstice. According to the Indian Knowledge System the *Suryanamaskar Asanas* are beneficial for the holistic development of an individual.

Yoga has multiple benefits for all human beings, particularly children. It can help students to develop their physical, emotional and mental health, as well as promote discipline, self-awareness, concentration and relaxation. Yoga equips children with essential life skills that will serve them not only in school but throughout their lives. Integrating yoga into the school curriculum fosters a holistic approach to education, nurturing healthy bodies and minds and enabling children to thrive academically and beyond. It is advised that students under guidance of teachers should practice the Yoga regularly in their school. Regular practice of *Suryanamaskar Asanas* and *Yogaasanas* would help students to develop their,

- Concentration
- Memory
- Resilience
- Mental Adaptability
- Discipline
- Health
- Flexibility
- Energy

A Common Yoga Protocol (CYP), a specified sequence of Yoga practice of 45 minutes, lies at the heart of the IDY observation. It was developed by some of the most accomplished Yoga gurus of India in 2015. The CYP is as follows.

Hon'ble Prime Minister, Shri Narendra Modi has urged everyone to make Yoga an integral part of their lives. He also said that Yoga offers a sanctuary of calm, enabling us to navigate life's challenges with calm and fortitude. Hon'ble PM in his address on 11th June 2024 in the light of upcoming Yoga Day said,

“In ten days from now, the world will mark the 10th International Day of Yoga, celebrating a timeless practice that celebrates oneness and harmony. Yoga has transcended cultural and geographical boundaries, uniting millions across the globe in the pursuit of holistic well-being.”

Daily yoga practice will thus be a crucial tool for students' physical and mental growth as it's a valuable technique for imbibing self-balance and well-being.



F. Digital Resources for Yoga

1. CYP Videos (Hindi, English and 21 Regional Languages)

S. No.	IDY Videos – Common Yoga Protocol	YouTube Video Links
1.	Common Yoga Protocol – HINDI	https://www.youtube.com/watch?v=wgjZ_LyNLRw
2.	Common Yoga Protocol- ENGLISH	https://www.youtube.com/watch?v=K-GJh9GeOxE
3.	Common Yoga Protocol- Manipuri	https://www.youtube.com/watch?v=iOGza5C9YhI
4.	Common Yoga Protocol-Kannada	https://www.youtube.com/watch?v=k5W4sR7Ercs
5.	Common Yoga Protocol- Sanskrit	https://www.youtube.com/watch?v=KYDVngTkslo
6.	Common Yoga Protocol-Marathi	https://www.youtube.com/watch?v=JNvyqnI0YTY
7.	Common Yoga Protocol- Malayalam	https://www.youtube.com/watch?v=ijJQAw-_XO8
8.	Common Yoga Protocol-Bengali	https://www.youtube.com/watch?v=oUlZzBbXz_U
9.	Common Yoga Protocol- Kashmiri	https://www.youtube.com/watch?v=06h8PrIon3Y
10.	Common Yoga Protocol-Tamil	https://youtu.be/x_d3Ay7iy3c?si=h00xHn-YbfPNlqec
11.	Common Yoga Protocol-Urdu	https://www.youtube.com/watch?v=PWwp4KDQRwQ
12.	Common Yoga Protocol-Telugu	https://www.youtube.com/watch?v=hKUqsrAXC34
13.	Common Yoga Protocol-Assamese	https://www.youtube.com/watch?v=PEkxjWdNUU0
14.	Common Yoga Protocol-Punjabi	https://www.youtube.com/watch?v=LK4ZoeTKOdY
15.	Common Yoga Protocol-Oriya	https://www.youtube.com/watch?v=sqEHmSMCgt4
16.	Common Yoga Protocol-Gujarati	https://www.youtube.com/watch?v=0Bsb01XaCfc
17.	Common Yoga Protocol-Nepali	https://youtu.be/PmyzIgT09I?si=1uCLPOywInQEUrw5
18	Common Yoga Protocol-Sindhi	https://youtu.be/csXsJKj8hNk?si=Q0GmdQ9Bjyir2Qqj



19	Common Yoga Protocol-Santali	https://youtu.be/ZhEQ2NDSuM0?si=AucXJysm1L7pamDX
20	Common Yoga Protocol-Konkani	https://youtu.be/OXPJSP-7rHk?si=QHH9rjoTBQBv6t4P
21	Common Yoga Protocol-Dogri	https://youtu.be/i-FZNmoD6FU?si=N7P5f3TT-DdrKeP4
22	Common Yoga Protocol-Bodo	https://youtu.be/rPkNbhCW1Mc?si=j3eD1SoNRfHJAe4f
23	Common Yoga Protocol-Maithili	https://youtu.be/WGD43Us5awM?si=rgmfa1I7Giw3vSFL

Sir/Madam,

Kindly find the attachment.

Thanks with Regards
DSE JAMMU

From: pssed2020@gmail.com
To: dsejk@gmail.com, "Rakesh Kumar" <dse.jammu@jk.gov.in>, jksamagrashiksha@gmail.com
Sent: Friday, June 14, 2024 11:32:39 AM
Subject: Fwd: D.O. No. 13-2/2024-IS.4 dated 13.06.2024 regarding the 10th International Day of Yoga (IDY) is to be celebrated across the world on 21.06.2024.

----- Forwarded message -----

From: IS.4 Section <is4section@gmail.com>
Date: Thu, Jun 13, 2024 at 6:26 PM
Subject: D.O. No. 13-2/2024-IS.4 dated 13.06.2024 regarding the 10th International Day of Yoga (IDY) is to be celebrated across the world on 21.06.2024.
To: <ps.edu.cg@gmail.com>, <ch.school.edu.dept@gmail.com>, <secyhealth.goa@gov.in>, Secretary Education <Secedu-sect.goa@nic.in>, Secretary (Education), Himachal Pradesh <secy-hedu-hp@nic.in>, Aradhana Patnaik Secy Jharkahnd <hrdjharkhand@gmail.com>, Secretary (Education), Kerala <secy.gedu@kerala.gov.in>, Rashmi <secy.sed@mp.gov.in>, <hmangatabam@yahoo.co.in>, <secretarysedmiz@gmail.com>, <zirmawia218@aol.com>, Kevileno Angami <osdplanning@gmail.com>, secy schooleducation <secy.schooleducation@rajasthan.gov.in>, Gyan Upadhyaya <gpupadhyaya@gmail.com>, Sikkim Hrdd <sikkimhrdd@gmail.com>, <rmsundaramias@gmail.com>, Secretary Office <pssecretary76@gmail.com>, <wbssed@gmail.com>, <pstosecysed@gmail.com>, <ps.seced@gmail.com>, ps sed jk <ps.sed.jk@gmail.com>, Secretary Education GNCTD <secyedu@nic.in>, <jksamagrashiksha@gmail.com>, <secyedn.and@gmail.com>, Kriti Garg <secedn.and@nic.in>, <secedn@nic.in>, <secretaryeducationap@gmail.com>, Secretary (Education), Andhra Pradesh <secy.se.edn@gmail.com>, ballepu kalyanchakravarthy <ballepukalyan@gmail.com>, secy-edn-bih <secy-edn-bih@nic.in>, Secretary Education <secy-edu-dd@nic.in>, <secedu-pri@gujarat.gov.in>, Secretary (Education) Gujarat <secedu@gujarat.gov.in>, <pssed2020@gmail.com>, Shalini Rajneesh PSecy Karnataka <prsprim-edu@karnataka.gov.in>, <secretaryedn@gmail.com>, Commissioner Secretary Ladakh <pstocomsecutl@gmail.com>, <Acs.schedu@maharashtra.gov.in>, <dwahlang@yahoo.com>, VK Singh <fsutchd@gmail.com>, Mr Ashok Kumar IAS <secytran.pon@nic.in>, Secretary (Education), Punjab <psse@punjab.gov.in>, Secretary (Education) Telangana <prlsecyedu@telangana.gov.in>, <secy_se@telangana.gov.in>, Arnab Roy <secy.edu.wb@gmail.com>, <secysme@gmail.com>, Secretary (Education), A&N Islands <dired.and@nic.in>, Assam <ssaassam@rediffmail.com>, roshni korati <roshni.korati.ias@gmail.com>, Director School Education Ladakh <dseladakh@gmail.com>, Paschim Banga Samagra Shiksha Mission <spo.pbssm@gmail.com>, misincharge spo <mis.head@gmail.com>, <mistsg123@gmail.com>, <spdapssapeshi@gmail.com>, Rmsa Chhattisgarh <rmsachg@gmail.com>, State Project Director M Goa Samagra Shiksha <dir-gssa.goa@nic.in>, SSA HP <spdssahp@gmail.com>, SPO JEPC RANCHI <jepcranchi1@gmail.com>, <spdrmsakerala@gmail.com>, SSA Kerala <ssakerala@gmail.com>, Kuttykrishnan A.P. <apkmtr@gmail.com>, Madhya Pradesh <director-rsk@mp.gov.in>, <dhanarajus.2009@gmail.com>, Maharashtra SSA <mpspmah@gmail.com>, ssa manipur <ssa_manipur@rediffmail.com>, <nandakumarlaishram@gmail.com>, <ssamizoram@gmail.com>, Lal Hmachhuana

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Cc: <kvs.commissioner@gmail.com>, Vinayak Garg <commissioner.nvs@gov.in>, Director, NCERT
<director.ncert@nic.in>, <chmn-cbse@nic.in>, <ms@ncte-india.org>, <cm@nios.ac.in>,
<nbb.admin@gmail.com>, Sunil Kumar <sunil.kr17@gov.in>, Charanjit Taneja <c.taneja@nic.in>,
Archana Sharma Awasthi <jscord-sel@gov.in>, <secy-ayush@nic.in>

Sir/ Madam,

Please find attached the D.O. No. 13-2/2024-IS.4 dated 13.06.2024 regarding the 10th International Day of Yoga (IDY) is to be celebrated across the world on 21.06.2024.

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

<https://www.youtube.com/watch?v=USSs5FUwjXLM>

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

Department has created a spreadsheet to track this year's IDY participation, which may be filled with the requisite information by the States/UTs/ABs:

<https://docs.google.com/spreadsheets/d/1tC9vofm3Std6TmU7neW3BwuCH2cnSYcJg8AeHkmOk/edit#gid=0>

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.

Regards,

IS.4 Section

Ministry of Education,
Department of School Education,
Government of India,
West Block - I, First Floor,
R.K. Puram,
New Delhi.