

GOVERNMENT OF JAMMU & KASHMIR

DIRECTORATE OF SCHOOL EDUCATION JAMMU

Sub: Mega Celebrations of 7th International Yog Day from 14.06.2021 to 23.06.2021 on virtual mode with a theme – “Yog @ Home with Family”

Circular No: 50 DSEJ of 2021

Dated : 11.06.2021

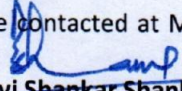
In pursuance to the communication received from Directorate of Indian Systems of Medicine (AYUSH), J&K Vide No DISM/2329-32, dated 04.06.2021 and No DISM/2514-17, dated 10.06.2021 regarding mega celebrations of 7th International Yog Day on 21st June, 2021 and accordingly the Directorate of School Education Jammu has decided and planned that due to COVID-19 Pandemic/ closures of schools, this year's International Yog Day would be celebrated in all schools of Jammu Division on virtual platforms (via zoom/google meet/other online modes) from 14.06.2021 to 23.06.2021 with a theme- “Yog @ Home with Family “ as per the common Yoga protocols of AYUSH. This Directorate proposed many series of activities under DSEJ Project Yoga-2021 which will be conducted w.e.f. 14th June 2021 to 23rd June 2021 as per the attached program schedule in collaboration with yog experts of Bhartiya Yog Sansthan & Indian Systems of Medicine (AYUSH), J&K focusing on students and teachers with the aim to integrate and popularize the ancient practices of Yog in school curriculum.

In view of the above, all Chief Education Officers of Jammu Division are hereby directed through this circular to issue immediate necessary instructions to all head of schools to carryout proposed activities under DSEJ Project Yoga-2021 appended as Annexure-"A" in all govt. as well as pvt. schools of Jammu division on virtual platforms with theme-Yog @ Home with family adopting the common Yoga Protocols of AYUSH in coordination with experts from Bhartiya Yog Sansthan J&K ,respective district Ayush officers (ADMOs) involving all stakeholders like NCC, Master trainer Yog teachers. members from panchayats and local bodies.

Concerned CEOs may also be directed to issue immediate necessary instructions to all respective subordinate staffs of govt. as well as pvt. schools (HOIs of HSS/HS/MS/PS,ZEOs/DNOs,teaching/non teaching staff, students) to participate in the inaugural function of virtual webinar of 10 days long yog shivar for students /teachers on 15th June,2021 from 7:00 AM to 08:30 AM and online webinar for mega celebrations of 7th International Yog Day on Monday, 21st June, 2021 from 7:00 AM to 8: 30 AM which will be conducted by this Directorate in collaboration with Bhartiya Yog Sansthan J&K. CEOs may kindly be advised to encourage the participation of students/teachers in good numbers and make these mega events as great success.

It is pertinent to mention that online registrations for above 10 days virtual yog shivar for students/teachers of all age groups from 1st to 12th (Primary to Secondary) will be open from 12th June to 15th June for which registration link is on SARAL App. and official website of the DSEJ (<http://schedujammu.nic.in/>). The virtual platform links for joining both above scheduled webinars and yog shivar will be. communicated with concerned CEOs one day before the scheduled program. The online Yog competitions for students will be held after the culmination of yog shivar on 23rd June and its detail will be communicated later on during virtual meetings. The outstanding participants and winners for Yoga competitions /other activities in the program schedule will go to be encouraged by way of giving awards/certificates.

For any further assistance/queries, Mr. Govind Sharma Nodal Officer of this Directorate may be contacted at Mob. No. 9419280527.


(Dr. Ravi Shankar Shankar) KAS
Director School Education
Jammu

No: DSEJ/FITINDIA/YOG/2021/19063-95.

Dated: 11.06.2021

Copy to the:

1. Principal Secretary to Govt., School Education Department, J&K UT ,Civil Sectt., Srinagar for kind information.
2. Divisional Commissioner, Jammu for kind information.
3. Deputy Commissioners (All), Jammu Division for kind information
4. Director Information, Jammu for kind information and with the request to publish this circular in leading newspapers.
5. Director Indian Systems of Medicine, J&K (AYUSH) for kind information.
6. President Bhartiya Yog Sansthan, J&K, for information with the request to provide Yog experts for 10 days Yog Shivar
7. OSD to Advisor (B) for Hon'ble LG ,J&K for kind information.
8. Joint Directors (All), School Education Department, Jammu Division for information.
9. **Chief Education Officers (All), Jammu Division for information and necessary action on priority basis.**
10. Pr. Pvt. Secy. for Chief Secretary, J&K for kind information of Chief Secretary.
11. Sh. Govind Sharma, Nodal Officer, DSE, Jammu for compliance and coordinate the programme.
12. I/C website, DSE, Jammu for uploading the circular on website of DSEJ.

DIRECTORATE OF SCHOOL EDUCATION, JAMMU

Annexure "A"

PROGRAMME SCHEDULE

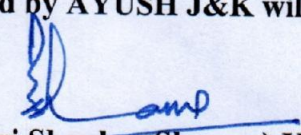
Directorate of School Education Jammu proposed below mentioned activities to be conducted on the eve of Mega Celebrations of 7th International Day of Yoga w.e.f 14th June to 23rd June (DSEJ Project Yoga -2021) :

Date/ Day	Activity	Conducted By	Remarks
14.06.2021	Essay writing competition/ Symposium- Yoga for respiratory Health.	AYUSH J&K	Age Limit – 14 -18 years of age. Word Limit- 500 words
15.06.2021	1. Inauguration of 10 days Yog Shiver for students/Teachers	DSEJ/Bhartiya Yog Sansthan J&K	<ul style="list-style-type: none">• Webinar Time: 7am-8:30am• Chief Guest-Director School Education Jammu
	2. e- slogan competition " Be with Yoga Be at Home"	AYUSH J&K	Open for all Entry free through Google form Last Date 20-06-2021
16.06.2021	Yog Shiver for students/Teachers	DSEJ/Bhartiya Yog Sansthan J&K	Time: 7am-8:30am
	Jingle Competition" Yoga to boost the immunity"	AYUSH J&K	Open for all Entry free through Google form Last Date 20-06-2021
17.06.2021	Yog Shiver for students/Teachers	DSEJ/Bhartiya Yog Sansthan J&K	Time: 7am-8:30am
	e-Poster Competition Theme: Be with Yoga, Be at Home.	AYUSH J&K	Open for all Entry free through Google form Opening Date Last Date 20-06-2021
18.06.2021	Yog Shiver for students/Teachers	DSEJ/Bhartiya Yog Sansthan J&K	Time: 7am-8:30am
	Yoga Asana Pranayama Competition	AYUSH J&K	Through Virtual Mode Entry free through Google form Last Date 20-06-2021

19.06.2021	Yog Shiver for students/Teachers	DSEJ/Bhartiya Yog Sansthan J&K	Time: 7am-8:30am
	Webinar “ Yoga- a boon during Covid-19 Pandemic”	AYUSH J&K	Through Virtual Mode Entry free through Google form Last Date 20-06-2021
20.06.2021	Yog Shiver for students/Teachers	DSEJ/Bhartiya Yog Sansthan J&K	Time: 7am-8:30am
	e-Quiz Competition Group A- 14-18 Group B- Open for all	AYUSH J&K	Group A- 14-18 Group B- Open for all. Entry free through Google form. Last Date 20-06-2021
21.06.2021	Webinar on Yoga Day	DSEJ/Bhartiya Yog Sansthan J&K	<ul style="list-style-type: none"> • Through virtual mode. • Time: 7am-8:30am • Participants: CEOs/HOIs/DNOs/DRGs /ZEOs/ Teaching and Non-Teaching staff/Students
22.06.2021	Yog Shiver for students/Teachers	DSEJ/Bhartiya Yog Sansthan J&K	<ul style="list-style-type: none"> • Time: 7am-8:30am
23.06.2021	Yog Shiver for students/Teachers	DSEJ/Bhartiya Yog Sansthan J&K	<ul style="list-style-type: none"> • Time: 7am-8:30am • Announcement of Yoga competitions for Students of Yog Shiver cum Valedictory

Note 1: Links for Google registration forms for Yog Shivar to be conducted by DSEJ/BYS will be available on SARAL App and official website of the DSEJ (<http://schedujammu.nic.in/>) and other links for webinars will be communicated in due course of time.

Note 2: Links and registration forms for all above activities to be conducted by AYUSH J&K will be shared on official websites: jkdism.in


(Dr. Ravi Shankar Sharma) KAS
Director School Education,
Jammu

Dated: 11/06/2021

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