

**Government of Jammu and Kashmir**  
**DIRECTORATE OF SCHOOL EDUCATION, JAMMU**

Circular No. : 16 of 2020  
Dated : 15-06-2020

**Sub: Celebrations of International Day of Yoga on Digital Media platforms on 21<sup>st</sup> June, 2020 from 6:30 a.m. to 8:00 a.m. with a theme – “Yoga at Home and Yoga with Family and Launch of Online Yoga Training Programme for Teachers & Students under Fit India thereof.**

In pursuance to the decision taken in the meeting vide No. PS/CS/2020/71-Minutes dated 10.06.2020 with Chief Secretary, Govt. of Jammu and Kashmir regarding the Mega event of celebrations of International Day of Yoga – 2020, it was decided that due to COVID-19 epidemic Crises, this year's International Day of Yoga would be celebrated in all the Schools of Jammu Division on Digital Media (Online Mode) platforms with a theme – “Yoga at home and Yoga with Family” and subsequently to take forward the momentum of Yogas and hold Online Yoga Training Programme for Teachers and Students from Govt. Schools.

Accordingly, this Directorate of School Education, Jammu had planned to organize a **Mega event** for this purpose through Digital Media platforms (via Google meet/other online mediums ) in all the schools of Jammu Division at Institutional Level from 6:30 a.m. to 8:00 a.m. in collaboration with Directorate of ISM/Ayush, J&K and Bhartiya Yog Sansthan J&K, Jammu.

Yoga under Fit India Movement being already a regular feature of this Directorate cannot be ignored at this crucial juncture of COVID-19 epidemics, so need has been felt to undertake Yoga activities by Similar Media as used for carrying out academic activities. For this purpose, it was also decided that a Online Special Training Course of Yoga's and Meditations for Teachers and Students of Govt. Schools being launched on the same day at same time into two separate sessions i.e. Morning(7am to 8am) and Evening (6pm to 7pm) with a view to make physical fitness a way of healthy life style of children and preparing them as brand ambassadors of Yoga in different Govt. Schools.

In this regard all the Chief Education Officers of Jammu Division are hereby directed through this Circular to issue immediate instructions to all Head of Schools (both Govt. & Pvt.) to make all necessary arrangements for organizing the Mega event of celebrations of International Day of Yoga through Digital Media Platform (via Google meet/etc) in all Govt. & Pvt. Schools of Jammu Division at Institutional Level on Sunday, 21<sup>st</sup> June 2020 with a theme – “Yoga at Home and Yoga with Family” from 6:30 a.m. to 8:00 a.m. by keeping in mind the social distancing protocols while wearing Masks and further instruct them to arrange one Yoga Instructor, create a link via Google meet/other online mediums) connect and get them registered with one nominated leader at Institutional Level.

Concerned CEOs are directed to instruct ZEOs (All) Jammu Division to connect and get registered 5 students and 1 Teacher / Master / Lec./PET/PEM/ PEL from each Zones representing all Govt. HSS/HS/MS and Principles DIETs (All) & SIE Jammu to also instruct all officers/officials of their respective Offices to connect and get registered on the following link as appended in **Annexure-“A”** for the main event directly convened by this Directorate in collaboration with health and medical education and Bhartiya Yog Sansthan J&K, Jammu.

Concerned CEOs are also directed to connect and get registered Potential Teachers / Masters / Lecturers/ NCC Instructors and Students from each district in two group categories (Grp-1 Below 40 yrs, & Grp II above 40years age) on the link and Google Form as

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appended under **Annexure-"B"** for Online Training Programme of Yoga's & Meditation under the supervision of experts from Bhartiya Yog Sansthan J&K. It is pertinent to mention that first two batches of Officials are being launched on 21<sup>st</sup> June, 2020 at the same time.

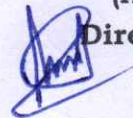
You are also instructed to ensure participation of students in online Yoga Competition as per details given in Pamphlet on Yoga Week on Common Protocol annexed as "C" Further all DNOs for Fit India Movement and DRGs (All) are directed to furnish the compiled report from the District for the action taken in the matter through CEOs and send to this Directorate on email Id [dsejha20@gmail.com](mailto:dsejha20@gmail.com) both in hard and soft copy along with high resolution photographs and videos from every institutions and same uploaded on website of this Directorate. Best video shall be regarded by the Govt.

For any assistance/queries, you will be at liberty to contact **Dr. Surinder Kumar 9419116290 Nodal Officer**, Online Classes Jammu Division and **Sh. Govind Sharma 9419280527 Nodal Officer**, Fit India Movement Jammu Division at DSEJ.

**Annexure-"A"- <https://forms.gle/1a51rnJbQvNgHx1t6>**

**Annexure-"B"- <https://forms.gle/fGpvRJif9saGF1zL8>**

**Annexure-"C" Pamphlet.**

  
(Anuradha Gupta) KAS  
Director School Education  
Jammu

No.: DSEJ/Fit India/13337-93  
Encls: 01

Dated: 15-06-2020

**Copy to the:**

1. Divisional Commissioner Jammu for favour of information please.
2. Director General Youth Services & Sports J&K Srinagar for favour of information please.
3. Deputy Commissioners (All) Jammu Division for favour of information please.
4. Joint Director (All) for this Directorate of School Education Jammu for favour of information and necessary action please.
5. Joint Directors information Jammu for favour of information with the request to publish the same in all the leading Newspapers.
6. Principal SIE Jammu, for favour of information and necessary action please.
7. Personal Officer to DSEJ for favour of information and necessary action please
- 8 **Chief Education Officers (All) for favour of information and necessary action on priority please.**
- 9 Principal DIETs(All) Jammu Division for favour of information and necessary action please.
10. President Bhartiya Yog Sansthan J&K, Jammu for favour of information and necessary action please.
11. OSD to Hon'ble Advisor (S) School Education Department for favour of necessary action please.
12. Principal Pvt. Secy for Chief Secretary Govt. of Jammu & Kashmir Srinagar for favour of information please.
13. Pvt. Secy for Principal Secretary to Govt. School Education Department J&K for favour of necessary action please.
14. State Nodal Officer Fit India Movement J&K for kind information please.
15. Nodal Officers Fit India Movement and Online Classes at DSEJ for kind information and necessary action please.
16. Incharge Computer Section at DSEJ to Upload the Circular on the official website.



## Directorate of School Education Jammu

celebrates

### "International Day of Yoga-2020"

&

### "Yoga Week on Common Protocol"

in collaboration with

### Directorate of ISM / Ayush, J&K

### (Department of Health and Medical Education)

Theme:- "Yoga at Home & Yoga with Family"



❖ All schools to participate in following activities w.e.f. (14<sup>th</sup> June to 21<sup>st</sup> June):

1. Sunday(14<sup>th</sup>, June)- Theme:-"Common Yoga Protocol".
2. Monday(15<sup>th</sup>, June)- Theme:-"Yoga for respiratory health/Yoga for Immunity Boosting(part-I)".
3. Tuesday(16<sup>th</sup>, June)- Theme:-"Yoga for respiratory health/Yoga for Immunity Boosting(part-II)".
4. Wednesday(17<sup>th</sup>, June)- Theme:-"Life Style Disorders".
5. Thursday(18<sup>th</sup>, June)- Theme:-"Mental Health/Stress management".
6. Friday(19<sup>th</sup>, June)- Theme:-"Yoga for Diabetes/Obesity".
7. Saturday(20<sup>th</sup>, June)- Theme:-"Surya Namaskar special session".
8. Sunday(21<sup>st</sup>, June)- **"Mega Event on Yoga Day"**. All students/teaching & non-teaching staff/officials in lakhs will join the celebrations of the International Yoga Day at their respective homes/institutions/offices via online medium like google meet etc following the scheduled programme of DISMJK.

- These everyday sessions will be telecast live every morning & evening by the Directorate of ISM from 14th to 20th June, 2020 on
- **Take One Channel** Time 7:00 to 7:30 am & 8:00 to 8:15 pm
- **Gulistan Channel** Time 8:00 to 8:30 am & 9:30 to 9:45 pm
- **On Facebook** : <https://www.facebook.com/dismayushjk>
- **On Youtube**: <https://www.youtube.com/channel/UCfICQg0AXJ9C3AR1XDorf2w>
- **On Instagram**: <https://www.instagram.com/dismayushjk>

**#Launch of online Course on Yoga:- An online course to be launched on the occasion of International Day of Yoga on 21st June, 2020.** All interested students/educators(Grp-I Below 40 yrs & Grp-II above 40 yrs age)/officials can register for the course via the google link. <https://forms.gle/fGpvRJif9saGF1zL8> and also for every other detail like course/duration/ module etc.

**#Announcement of Yoga Competition:-** It will be for 04 groups:

1) Pre-Primary, 2) 1st to 5th, 3) 6th to 8th & 4) 9th to 12th

- ❖ All students and teaching staff must attend the live session every morning and evening and then prepare their own videos everyday from 14th to 20th June, 2020 **by being at home and with family members.**
- ❖ One best video of 30-50 seconds by or before 18th June, 2020 will be send @dsejha20@gmail.com for consideration of entry into *DSEJ International Yoga Day Competition 2020.*
- ❖ First two best videos from each group will be given awards.

#योग से रोग निवारण

# स्वस्थ जीवन के लिए योग अपनाएं