CIRCULAR

Due to contagious nature of COVID-19, no mass gathering is advisable this year. Hence, this year the Ministry of Ayush is encouraging the people to practice Yoga at their homes, with participation from the entire family. Through the ‘My Life – My Yoga’ video blogging competition, the Ministry of AYUSH and ICCR seek to raise awareness about Yoga and to inspire people to prepare for and become active participants in the observation of International Day of Yoga 2020 on 21st June, 2020.

A contest is being held which will support participation via MyGov and the social medial platforms of Facebook, Twitter, YouTube and Instagram. Video contest will be open to participants from all countries. The detailed guidelines of the competition are available on public domain https://innovate.mygov.in/my-life-my-yoga/. The last date of submission of entries is 21st June, 2020.

May visit given link below:-

Wetransfer Link:https://we.tl/t-Nli4kp.JG0t
GoogleDrivelink:https://drive.google.com/drive/folders/1LJyhXWTyrP0l8PuuPr4azLR6JPPf4fu?usp=sharing

Further Ministry of Ayush has started a campaign called “Yoga at Home, Yoga with Family” to encourage the practice of yoga with family members to counter the effects of the viral infection, while practicing all precautionary measures to slow down the spread of COVID-19.
The observation of International Day of Yoga to be held on 21st June, 2020 at 7.00am. AYUSH is organizing a trained-led session which will be broadcast on television at the same time for people to follow and practice in solidarity.

For more details may visit

We Transfer: https://we.tl/t-H0uQludkk
Google Drive: https://tinyurl.com/ycugoplw

In addition to above, to track public participation in the International Day of Yoga, AYUSH has created Google form which is requested to be filled with estimates of persons and families practicing the CYP at 7.00am on 21st June, 2020. The participation form link is: https://forms.gle/Kj7oAjbejSascDPLA. Additionally, a paper (e-mail) proforma may also be filled in as provided in the attachment and sent to pmu-ayush@gov.in.

All the Heads of Govt., Govt. Aided, Unaided, Secondary/Higher Secondary & Special Schools are hereby requested to encourage students and teachers to participate in online video blogging competition and achieve the objectives of the programme in these times of health emergency.

[Signature]

(Shailesh K. Sinaj Zingde)
Dy. Director of Education(Acad)

To: As per list enclosed
To be circulated to the following:

1. The Heads of Govt./Govt. Aided/Unaided Primary/Secondary/Higher Secondary & Special Schools in the State of Goa.
2. The Secretary, Ministry of Human Resource Development, Department of School Education & Literacy (IS-4 Section, Shastri Bhavan, New Delhi
3. The Dy. Director of Education, North/South/Central Educational Zone, Mapusa/Margao/Panaji-Goa.
4. The ADEIs of all Talukas.
5. The Nodal Officer, IT for uploading on website of this Directorate.