CIRCULAR

In the light of current pandemic situation in the country, the observation of International Day of Yoga (IDY-2020) may need to be re-purposed, requiring social distancing and other guidelines of the Government.

National Council of Educational Research and Training is organizing online Yoga Quiz competitions on the occasion of International Day of Yoga. Children from classes 6 to 12 will be able to participate in this online quiz competition. The quiz will be open for one month, starting on 21st June, 2020 and will close on 20th July midnight, 2020.

The scheme of online quiz competition will be placed on NCERT website and will be based on the syllabus of Yoga developed by NCERT.

Besides, an online competition for posting 3 minutes videos on yoga poses is being organized on My Gov.platform by Ministry of AYUSH.

All the Heads of Govt., Govt. Aided, Unaided, and Secondary/Higher Secondary & Special Schools are hereby requested to encourage students to practice and propagate Yoga with family members on the occasion of International Day of Yoga in such a way that it becomes a part of their life.

(Shailesh R. Singti 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 Chairperson, National Council of Educational Research and Training,
   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.