

GOVT. OF NATIONAL CAPITAL TERRITORY OF DELHI  
DIRECTORATE OF EDUCATION: PHYSICAL EDUCATION BRANCH  
CHHATRASAL STADIUM: MODEL TOWN: DELHI - 110009

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No.DE. 42/PE&NI/20-21/117-166

Dated:- 17/06/2020

CIRCULAR

To

All the DDEs District/Zone  
Directorate of Education  
Delhi/New Delhi

**Subject:- Regarding celebration of International Day of Yoga on 21<sup>st</sup> June 2020 and Yoga Olympiad-Quiz competition organized by NCERT.**

It is a matter of pride that **United Nations** has declared June 21<sup>st</sup> as "**The International Day of Yoga**" and the same is celebrated with vigor and enthusiasm, all around the world to spread awareness about the importance and effects of yoga on the health of people.

In view of the Covid-19 pandemic, this year's 'International Yoga Day' will be celebrated on digital media platforms and there would be no mass gatherings as per the Government's guidelines.

This year's theme will be "Yoga at Home and Yoga with family". All Officers, Officials, Teachers, Group-D Employees and school students may be able to join the celebration virtually at 7 am on June 21, 2020 as per the given link-International Day of Yoga-2017

[www.youtube.com-Link-https://youtu.be/KH1Sdddth0](https://youtu.be/KH1Sdddth0). All participating children must make short videos and share with HOS of their respective schools. Zone wise short listed two short videos of **International Yoga Day at home** must be submitted through SPEs to the undersigned by 30<sup>th</sup> June.

Every year **Yoga Olympiad** is also been celebrated by **NCERT**, but this year due to Corona outbreak, they have planned to organize an online Quiz competition on Yoga, for classes 6 to 12. The participants have to register on DIKSHA portal for the Quiz competition. Information like-Name, Class, DOB, Gender, Mobile Number (Parents/Guardians) and school Name etc, will be required.

The Quiz is bilingual Viz-Hindi and English. Each question carry's one mark. After attempting the question click on to Next Questions. No negative marking will be done. For learners with visual impairment, there is a text to speech option in the question. Students can attempt question in 20 minutes as many as possible. Answer keys will be published after the closure of the Quiz. The Quiz will be open for one month, starting on 21<sup>st</sup> June 2020 and will close on 20 July, midnight 2020. All the necessary guidelines for online yoga Quiz competition are available on [www.ncert.nic.in](http://www.ncert.nic.in). All DDEs District/ Zones/SPEs are requested to encourage all HOS of their respective Zones to initiate for mass participation in both the events.

This issues with the prior approval of competent authority.

*Pushpa Ratnam*  
17/06/2020

PUSHPA RATNAM

Asstt. Director of Education (PE & NI)

**Copy to:**

1. All RDEs, Directorate of Education.
2. All DDEs, Directorate of Education.
3. All ADEs, Directorate of Education.
4. All Zonal DDEs/ SPEs to please coordinate.
5. Principals of All schools with the request to kindly ensure that the Students from their schools participate in the celebrations.
6. Ps to Pr.Secy(Edn)
7. PS to DE
8. OS (IT) with the request to place the circular on website

*Pushpa Ratnam*  
*17/06/2020*

**PUSHPA RATNAM**  
**Asstt. Director of Education (PE & NI)**