



Chinmay International School

(Affiliated to CBSE, New Delhi)
Anastu Road, Karjan, Gujarat- 391240

Circular No: CIS/Acad/2025/06

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Reference: CBSE Circular No. Acad-34/2025, Dated 14 June 2025

Subject: Celebration of International Day of Yoga (IDY) 2025 – Instructions for Teachers

Dear Teachers,

This is to inform you that the school will observe the **International Day of Yoga (IDY)** on **21 June 2025**, as per the guidelines issued by CBSE.

All teachers are requested to take note of the following instructions and support the successful conduct of IDY activities:

1. Yoga Workshops & Seminars

Teachers must assist in organizing workshops and awareness sessions to introduce students to the benefits of Yoga for health and well-being.

2. Mass Yoga Demonstration (21 June 2025)

- All teachers are required to report to school for the Yoga demonstration.
- Kindly guide students in performing the Common Yoga Protocol.

3. Conducting Competitions

Teachers are requested to plan and conduct the following activities in their respective classes/sections:

- Yoga Quiz
- Essay Writing Competition
- Poster/E-Poster activity on Yoga

4. Encouraging Participation in MyGov Contests

Teachers should motivate students to take part in national-level contests organized by the Ministry of Ayush such as:

- E-Poster Competition
- Essay Writing Contest
- Yog Geet/Jingle Contest

5. Contribution to School Newsletter

Teachers may encourage students to submit Yoga-related articles, experiences, or reflections for inclusion in the school newsletter or magazine.

6. Activity Documentation

- Class teachers must ensure photographs and brief reports of activities are collected.
- The compiled report will be uploaded to the CBSE link provided.

Useful Links for Teachers

- IDY Portal: <https://yoga.ayush.gov.in/yoga-sangam>
- Common Yoga Protocol Videos (22 languages): YouTube playlist link
- MyGov Competitions: <https://www.mygov.in/>
- Activity Upload Link: <https://forms.gle/vCT6tWpcZEoTEqEQ8>

Your cooperation is essential for a meaningful and successful celebration of International Day of Yoga 2025.

Warm regards,

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