

F.No. S-11012/26/2016-IEC
Government of India
Ministry of Ayurveda, Yoga & Naturopathy, Unani, Siddha and
Homoeopathy (AYUSH)

AYUSH Bhawan, B-Block,
GPO Complex, INA,
New Delhi-110023
Dated: 12/04/2016

OFFICE MEMORANDUM

**Subject: - Meeting for celebration of 2nd International Day of Yoga-
2016, involving Educational Organizations - Minutes regarding.**

The undersigned is directed to enclose herewith a copy of the Minutes of the meeting held on 5th April, 2016 at AYUSH Bhawan, Ministry of AYUSH, New Delhi, under the Chairmanship of Secretary (AYUSH) for celebration of the 2nd International Day of Yoga on 21st June, 2016, involving Educational Organisations for your perusal.



(Banamali Naik)

Under Secretary to Government of India

To:-

- i. Dr. Satbir Bedi, JS (SE-II), Ministry of Human Resource Development, Department of School Education & Literacy, 215-C, Shastri Bhawan, New Delhi. Email Id- satbirbedi.edu@nic.in
- ii. Shri Y S K Seshu Kumar, Chairman, Central Board of Secondary Education, Shiksha Kendra, 2, Community Centre, Preet Vihar, Delhi – 110092 Email Id- chmn-cbse@nic.in
- iii. Shri Santosh Kumar Mall, Commissioner, Kendriya Vidyalaya Sangathan, 18, Institutional Area, Shaheed Jeet Singh Marg, New Delhi - 110 016(India). Email Id - kvs.commissioner@gmail.com, commissioner@kvsedu.org,
- iv. Shri Bishwajit Kumar Singh, Commisioner Navodaya Vidyalaya Samiti, B-15, Institutional Area Sector-62, Nodia- 201307 Fax No. 0120-2405922 Email Id- commissionernvs@yahoo.com

- v. Shri Punam Suri, President, DAV College Managing Committee, Chirgupt Road New Delhi-110055-EmailID [_president@davcmc.net.in](mailto:president@davcmc.net.in)
- vi. Major General B.S. Deulta, AVSM VSM (Retd), Managing Director, Army Welfare Education Society, Army Public School, , Dhaula Kuan, Ridge Road, New Delhi-110010, Tel:- 2569313/25693040, email:- apsdk1953@gmail.com
- vii. Dr. G. Immanuel, Chairman/Mr. Gerry Arathoon, Chief Executive Officer, Council for the Indian School Certificate Examinations P 35-36, Sector VI, Pushp Vihar, Saket, New Delhi, Delhi 110017 Email Id- ces@cisce.org
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- ix. Mr. V.K.Shunglu Chairman DPS School F-Block, East of Kailash New Delhi – 110065 Phone No. 43126700 Email ID- chairman@dpsfamily.org
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- xi. Dr. I.N.Acharya, Director(CCRYN) Email Id- ccryn.goi@gmail.com , director-ccryn@nic.in ,
- xii. Mr. DKD Rao, Deputy Secretary, Deptt. of School Education (M/o HRD)
- xiii. Mr. T.S. Rautela, Deputy Secretary, Deptt. of School Education (M/o HRD)
- xiv. Mr. Pushkar Vohra, Joint Director (CBSE)
- xv. Ms. Piya Thakur, Deputy Commissioner (Kendriya Vidyalaya Sangathan)
- xvi. Mrs. J. Kackaria, Director (DAV CMC)
- xvii. Col. R.K. Satyan, Director (HQ Army Welfare Education Society)
- xviii. Col. R. Sreejath (Retd.), Deputy Secretary (Council for ISCE)
- xix. Swami Swaramvedyananda (Ramakrishna Mission)
- xx. Dr. Rajiv K Singh, Asstt. Commissioner (Navodaya Vidyalaya Samiti)
- xxi. Mr. kapil Prakash Joshi (Army Public School)

Minutes of the Meeting held on 5th April, 2016 for celebration of 2nd International Day of Yoga-2016 under the Chairmanship of Secretary (AYUSH) at Ayush Bhawan, New Delhi.

The Meeting to discuss involving Educational Organizations in celebration of International Day of Yoga - 2016 under the Chairmanship of Secretary (AYUSH) was held on 5th April, 2016 at AYUSH Bhawan, New Delhi. A list of the members participated in the meeting is Annexed.

2. At the outset, Chairman welcomed all the members and requested members to put forth their ideas for the proposed programme of the Ministry for celebration of International Day of Yoga 2016. Members of CBSE, ICSE, DAV CMC, Deptt. of School Education (MHRD), Ramakrishna Mission, Army Public School Committee, Navodaya Vidyalaya Samiti, CCRYN, HQ Army welfare Educational Society, Kendriya Vidyalaya Sangathan introduced themselves.

3. Secretary (AYUSH) also informed the members regarding the review meeting held on 7th March, 2016 towards celebration of International Day of Yoga 2016 wherein Prime Minister emphasised that Yoga to be popularized among Youth and institutes/schools' views to be obtained to involve youth with yoga.

4. Asstt. Commissioner, Navodaya Vidyalaya Samiti requested that research reports on what sort of biochemical changes in body are brought by biological movements should be publicised to convince youth logically for yoga. Also, proper diet plan combined with yoga and remedial yoga asanas be specified.

5. On the basis of discussions in the meeting, following decisions/ actions were taken:



- a) Organisations/ Institutions should train their students for International Day of Yoga – 2016 as per the Common Yoga Protocol on voluntary basis and motivate them to perform mass yoga demonstration from 7-8 A.M. on 21st June 2016. Institutions/ organisations may also organise fun activities, musical yoga events, yoga fests for attracting youth towards Yoga.
 - b) In schools/ colleges, practicing yoga shouldn't be a one day activity but a year-long calendar should be prepared to organise yoga related events throughout the year.
 - c) From time to time, lectures and demonstrations of Yoga by eminent Gurus or professionals should be held in schools/ colleges. Schools/ Colleges may also organise debate, quiz, essay and drawing competitions etc. to promote yoga among the students.
 - d) Schools may conduct a yoga class atleast once a week on a predecided day and an advisory may be sent to the parents by school authorities to send their wards to school with light refreshment on that day along with a packed breakfast (which the students will have after the yoga class).
 - e) A certification scheme has been developed for yoga teachers/instructors by M/O AYUSH in collaboration with Quality Council of India. In all schools/ institutes, yoga teachers/instructors must get this certificate in next one or two months.
 - f) The members were asked to submit their Action Plan for IDY-2016 within 15 days.
6. The meeting ended with a vote of thanks to the Chair.



Annexure

**List of Participants in the meeting of Celebration International Day of
Yoga-2016 held on 5th April, 2016 at 12.45 P.M.**

1. Mr. Ajit M. Sharan, Secretary (AYUSH) - Chairperson
2. Mr. Anil K Ganeriwala, Joint Secretary (AYUSH)
- ✓3. Dr. Ishwar V. Basavaraddi, Director (MDNIY)
- ✓4. Dr. Ishwara N. Acharya, Director (CCRYN)
- ✓5. Mr. D.K. D. Rao, Deputy Secretary, Deptt. of School Education (M/o HRD)
- ✓6. Mr. T.S. Rautela, Deputy Secretary, Deptt. of School Education (M/o HRD)
- ✓7. Mr. Joseph Emmanuel, Secretary (CBSE)
- ✓8. Mr. Pushkar Vohra, Joint Director (CBSE)
- ✓9. Ms. Piya Thakur, Deputy Commissioner (Kendriya Vidyalaya Sangathan)
- ✓10. Mrs. J. Kackria, Director (DAV CMC)
- ✓11. Col R.K. Satyan, Director (HQ Army Welfare Education Society)
- ✓12. Col. R. Sreejeth (Retd.), Deputy Secretary (Council for ISCE)
- ✓13. Swami Swaramvedyananda (Ramakrishna Mission)
- ✓14. Dr. Rajiv K Singh, Asstt. Commissioner (Navodaya Vidyalaya Samiti)
15. Mr. Kapil Prakash Joshi (Army Public School)
16. Mr. Ramanand Meena, Deputy Secretary (AYUSH)