

F.No.-IYD/NRC/NCTE/2019/

Date:- 12-06-2019

## CIRCULAR

**Subject: Celebration of 5<sup>th</sup> International Yoga Day on 21<sup>st</sup> June-2019:**

Govt. of India has decided to celebrate 5<sup>th</sup> International Yoga Day on 21<sup>st</sup> June, 2019. In Pursuance to this order, NCTE has decided to celebrate the same event on 21<sup>st</sup> June, 2019

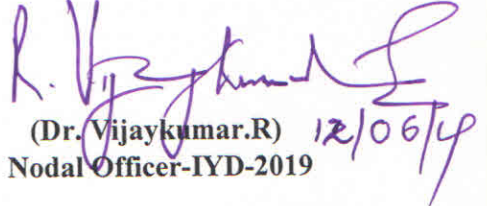
2. All the Teacher Education Institutions recognized by the NCTE directed to celebrate the 'International Yoga Day' on 21<sup>st</sup> June, 2019 in your institution and organize various activities of "Suggested activities for "Festival of Yoga and Wellbeing".

The following activities shall be organized as a part of "Festival of Yoga and Wellbeing" in addition of Common Yoga Protocol:-

1. Various Competitions with focus on highlighting the potential health benefits of adopting Yoga in day-to-day lifestyle can be conducted across various venues. The competitions can be:
  - a) Slogan Competition.
  - b) Article Writing Competition.
  - c) Poster making Competition.
  - d) Quiz Competition.
  - e) Music and group dance Competitions on Yoga theme.
2. Yoga themed songs can be played in the event venues.
3. Various Cultural events can be conducted.
4. "Flash Mob" in prime locations like historical monuments, malls airports etc. can be organized.
5. Lectures, workshops and various other education programs on the health benefits of Yoga can be delivered through media.

All the Regional Director requested to circulate among the recognized TEI to organize the above events & shall collect the Report/Photograph/Videography and forwarded the same to the undersigned.

Your celebration in this important event will be highly appreciated.

  
(Dr. Vijaykumar.R) 12/06/19  
Nodal Officer-IYD-2019

Copy to:

- All RDs- ERC, NRC, SRC & WRC