



# केन्द्रीय माध्यमिक शिक्षा बोर्ड

( शिक्षा मंत्रालय, भारत सरकार के अधीन एक स्वायत्त संगठन )

## CENTRAL BOARD OF SECONDARY EDUCATION

(An Autonomous Organisation under the Ministry of Education, Govt. of India)

CBSE/DIR (ACAD)/2021

June 18, 2021

Circular No.ACAD - 45/2021

All the Heads of Schools affiliated to CBSE

Subject: Online Quiz on Yoga (IDY) – reg.

The NCERT is organising an Online Quiz Competition on Yoga based on Syllabus developed by it. Children from 06 to 12 and Teachers would be able to participate in it.

The proposed quiz will be organised on My Gov (<https://mygov.in/>); (<https://quiz.mygov.in/quiz/yoga-for-life-quiz/>) and on DIKSHA (<https://diksha.gov.in/>) platforms.

The Quiz will be open for one month starting on June 21 and will close on July 20 midnight 2021.

The guidelines in regard to proposed quiz have also been attached herewith.

All the Heads of schools are requested to encourage maximum participation of students and teachers in the online Quiz competition.

Dr Joseph Emmanuel  
Director (Academics)

**Copy to the respective Heads of Directorates, Organizations and Institutions as indicated below with a request to disseminate the information to all the schools under their jurisdiction:**

1. The Commissioner, Kendriya Vidyalaya Sangathan, 18-Institutional Area, Shaheed JeetSingh Marg, New Delhi-16.
2. The Commissioner, Navodaya Vidyalaya Samiti, B-15, Sector-62, Institutional Area, Noida 201309
3. The Secretary School Education, Special Project Director-SSA/Directorate of Education/Director (SCERT) – Govt. of NCT of Delhi.
4. The Secretary School Education, Special Project Director-SSA /Directorate of Education /Director SCERT – UT Chandigarh.
5. The Secretary School Education, Special Project Director-SSA/Director of Education/Director (SCERT), Govt. of Sikkim, Gangtok.
6. The Secretary School Education, Special Project Director-SSA /Director of Education /Director (SCERT), Govt. of Arunachal Pradesh, Itanagar.



‘शिक्षा सदन’, 17, राऊज़ एवेन्यू, इंस्टीट्यूशनल एरिया, नई दिल्ली-110002  
'ShikshaSadan', 17, Rouse Avenue, Institutional Area, New Delhi – 110002





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7. The Secretary School Education, Special Project Director-SSA/Director of Education/Director (SCERT), Govt. of A&N Islands, Port Blair.
8. Director Schools, IAF Educational Cultural Society Air Headquarters (RKP) West Block-VI, R. K. Puram New Delhi – 110066
9. The Principal Director, Director of Naval Education (Navy Education Society) H.Q. MOD(NAVY) West Block-V, II Floor, R.K. Puram New Delhi – 110066
10. The Additional Director General of Army Education, A – Wing, Sena Bhawan, DHQ, PO, New Delhi-110001
11. The Secretary AWES, Integrated Headquarters of MoD (Army), FDRC Building No. 202, Shankar Vihar (Near APS), Delhi Cantt-110010
12. The Director, Central Tibetan School Administration, ESSESS Plaza, Community Centre, Sector 3, Rohini
13. All Regional Directors/Regional Officers of CBSE with the request to send this circular to all the Heads of the affiliated schools of the Board in their respective regions
14. All Heads/ In-Charges, COEs of the Board with request to disseminate the information
15. All Joint Secretary/Deputy Secretary/Assistant Secretary, CBSE
16. In charge IT Unit with the request to put this circular on the CBSE Academic website
17. The Head Public Relations Unit, CBSE
18. DS to Chairman, CBSE
19. SPS to Secretary, Director (IT), Director (Academics), Controller of Examinations, Director (SE&T) and Director (PE), CBSE

**Director (Academics)**



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