CIRCULAR

Sub: Spread of Yoga Activities in government schools vis-a-vis observance of "International Day of Yoga" on 21st June 2015.

Reference is invited towards this office Circular No.DE/41/Sports/2015/15811-15860 dated: 20.02.2015 on the subject cited above.

As per the time lines contained in the above circular, it is expected that the Head of Schools might have shortlisted around 60 students and preparation / practice have been started.

Further, Ministry of Ayush, Government of India has made available a Common Yoga Protocol of 33 Minutes duration to be practiced by the students. A copy of the same is annexed herewith.

Accordingly, the concerned Head of the schools are requested to spread the Protocol amongst the teachers and the students for starting practices on the occasion of 'International Day of Yoga" on 21st June 2015.

Encl: As above

(ASHA AGGARWAL)
Dy. Director of Education (Sports)

Copy to the following for information and necessary action:

1. All Addl. DEs
2. All RDEs
3. All DDEs
4. All ADEs
5. All Eos
6. All SPEs
7. All HoSs
8. PS to Secy. (Edn.)
9. PS to Director (Edn.)
10. OS (IT) with the request to place the circular on website
INTERNATIONAL DAY OF YOGA
21ST JUNE, 2015
COMMON YOGA PROTOCOL
(Duration: 33 minutes)

I. Prayer in any Meditative Posture with Namaskara Mudra and ending with Yoga Mudrasana
   PRAYER:
   \{Sangachhadhwan samvadadhwa I
   Samvomanaansi jaanataam I
   Devabhaagam yathaapoorve I
   Samjanaanaa upaasate II\}

II. Sadilaja / Chaalan Kriyas / Loosening Practices
   (Neck, Shoulders & Knees movements)

III. Yogaasna (Yoga Postures)

A. Standing Postures
   (i) Taadaasana
   (ii) Vrikshaasana
   (iii) Padahastaasana
   (iv) Ardha chakraasana
   (v) Trikonaasana

B. Sitting Postures
   (vi) Bhadraasana Baddhakonaasan
   (vii) Shashankaasan
   (viii) Ardha ushtraasana
   (ix) Marichyaasana vakraasana

C. Prone Lying Postures
   (x) Bhujangaasana
   (xi) Shalabhaasana
   (xii) Makaraasana

D. Supine Lying Postures
   (xiii) Setubandha sarvaangaasana
   (xiv) Pawana muktaasana
   (xv) shavaasana
<table>
<thead>
<tr>
<th>No.</th>
<th>Pranayama Type</th>
<th>Duration</th>
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<tbody>
<tr>
<td>IV</td>
<td>Kapaalabhaari (10-20 strokes each 3 cycles)</td>
<td>2 minutes</td>
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<tr>
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<td>Each cycle will be followed by Ujjayee Pranayama</td>
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<tr>
<td>V</td>
<td>Pranayama</td>
<td>4 minutes</td>
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<td>(i) Nadi shodhana / Anuloma Viloma Pranayama (5 rounds)</td>
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<td></td>
<td>(ii) Bhraamari Pranayama (Bhramari Rechaka 5 rounds)</td>
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<td>VI</td>
<td>Dhyana / Meditation in Shambhavi Mudra with eyes closed and hands in Jnana / Gyana Mudra</td>
<td>6 minutes</td>
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A soothing music in the background is proposed during meditation.

End the yoga practice session with a **Sankalp** for adopting principles of healthy living in our daily life and to promote peace and harmony in the society.

Note: Classical textual references, technology to perform, benefits, salient points, caution / precautions etc. will be provided for each practice.