



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/ACAD/AD(MS)/2026

Date: 16.04.2026

Circular No: Acad-20/2026

All the Heads of Schools affiliated to CBSE

Subject: Celebration of 12th International Day of Yoga, 2026 (IDY-2026) - reg.

The International Day of Yoga, celebrated every year on 21st June, has emerged as a global movement promoting holistic health, well-being, and preventive healthcare. For the year 2026, Ministry of AYUSH has planned to celebrate 12th International Day of Yoga, 2026, all across the country through a range of yoga-related activities aimed at enhancing awareness and encouraging active participation in IDY programmes. The initiative also seeks to promote student volunteering and facilitate the organisation of a Yoga Olympiad.

Ministry of Ayush, has developed a portal with all details and latest information about IDY activities: <https://yoga.ayush.gov.in/yoga-sangam>

Further, as part of the run-up to IDY 2026, the Morarji Desai National Institute of Yoga (MDNIY), under the Ministry of AYUSH, will conduct "100 Days Free Live Yoga Sessions" under the Yoga 365 initiative. This initiative features structured 14-day yoga practice challenges through live sessions led by experts, with multiple participation windows to ensure large-scale engagement. The sessions are also being disseminated through the Ministry of AYUSH's digital platforms for wider outreach.

In view of above, you are requested to organise the following suggestive activities:

1. Facilitate and encourage students, teachers, and staff to register and participate in the "100 Days Free Live Yoga Sessions" under yoga 365. The Registration for participation in the Yoga 365 initiative may be done through the following:
Link: <https://moa.habit.yoga/>
Toll-free number: 18003157008
2. Organize Yoga Workshops and Seminars for students and teachers and encourage them to practice and adopt Yoga.
3. Mass Yoga demonstration may be arranged on the International Day of Yoga.
4. Quiz and Essay Writing Competitions on Yoga-theme may be organized to] create interest among the students.
5. Encourage students and staff to participate in various IDY 2026 competitions organized by Ministry of Ayush on MyGov platform <https://www.mygov.in/campaigns/international-day-yoga/> i.e. Suggest a theme for International Day of Yoga 2026, Yoga My Pride 2026 Photography Contest, International Day of Yoga 2026 Quiz, E-poster Competition on the occasion of IDY 2026, International Day of Yoga 2026 - Yog Geet Jingle Contest, Reel Contest on International Day of Yoga 2026, etc.
6. Publish Yoga and IDY-specific articles in School's e-newsletter, bulletin, magazine etc.
7. Namaste- Yoga App: This App may be used as a one stop health solution that enables people to access yoga related information, yoga events and yoga classes at their fingertips. The app also provides information on physical activity in terms step count and calories burnt. The link for the app is:

https://play.google.com/store/apps/details?id=yogatracker.np.com.yogatracker&hl=en_IN



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A brief report of activities including photographs may be uploaded by the schools at the link given below:

<https://forms.gle/ECsbaJFmN1QhDEJy7>

You are requested to encourage the students and teachers to participate in these activities so as to make celebration of 12th International Day of Yoga, 2026 a grand success.

With best wishes!

Dr. Praggya M Singh
Professor and Director (Academics)

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

1. The Commissioner, Kendriya Vidyalaya Sangathan, 18 Institutional Area, Shaheed Jeet Singh Marg, New Delhi-16
2. The Commissioner, Navodaya Vidyalaya Samiti, B-15, Sector-62, Institutional Area, Noida-201309
3. The Secretary, Eklaya Model Residential Schools (EMRS), Ministry of Tribal Affairs, Government of India.
4. The Secretary, Sainik Schools Society, Room No. 101, D-1 Wing, Sena Bhawan, New Delhi-110001
5. The Chairman, Odisha Adarsha Vidyalaya Sangathan, N-1/9, Near Doordarshan Kendra, PO Sainik School Nayapalli, Bhubaneswar, Odisha-751005
6. The Director of Education, Directorate of Education, Govt. of NCT of Delhi, Old Secretariat, Delhi-110 054
7. The Director of Public Instructions (Schools), Union Territory Secretariat, Sector 9, Chandigarh-160017
8. The Director of Education, Govt. of Sikkim, Gangtok, Sikkim –737101
9. The Director of School Education, Govt. of Arunachal Pradesh, Itanagar –791 111
10. The Director of Education, Govt. of A&N Islands, Port Blair – 744101
11. The Director of School Education, Ladakh, Room No.101-102, Ground Floor, Council Secretariat, Kurbathang, Kargil - Ladakh
12. The Director of School Education, Andhra Pradesh, 3rd Floor, B block, Anjaneya Towers, VTPS Rd, Bhimaraju Gutta, Ibrahimpatnam, Andhra Pradesh – 521 456
13. The Director, Jharkhand Education Project Council, Ranchi, Jharkhand
14. The Director, Sambhota Tibetan Schools Society (STSS), Central Tibetan Administration (CTA), Dharamshala, HP
15. The Additional Director General of Army Education, A –Wing, Sena Bhawan, DHQ, PO, New Delhi-110001
16. The Secretary AWES, Integrated Headquarters of MoD (Army), FDRC Building No. 202, Shankar Vihar (Near APS), Delhi Cantt-110010
17. The Director, Navy Education Society, Directorate of Naval Education, Naval Headquarters, Ministry of Defence, West Block-V, RK Puram, Delhi – 110066
18. DS to Chairperson, CBSE
19. Secretary/ Controller of Examinations/ All Directors, CBSE



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20. 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
21. All Joint Secretary/ Deputy Secretary/ Under Secretary/ Assistant Secretary, CBSE
22. All Head(s)/ In-Charge(s), Centre of Excellence, CBSE
23. In charge IT Unit with the request to put this Circular on the CBSE Academic Website
24. In-Charge, Library
25. Record File

Professor and Director (Academics)



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