

**No.731/DSE/S&YS/S3/IYD/2020-21**  
GOVERNMENT OF PUDUCHERRY  
DIRECTORATE OF SCHOOL EDUCATION  
OFFICE OF THE DEPUTY DIRECTOR  
(SPORTS & YOUTH SERVICES)

**Dt.18.06.2020**

**C I R C U L A R**

Sub: Directorate of School Education - Sports and Youth Services - Participation in **MyLifeMyYoga** contest for International Day of Yoga (IDY)-2020. - Reg.

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International Day of Yoga (IDY) is scheduled on 21.06.2020. In view of the pandemic situation due to COVID-19, no mass gathering would be advisable this year in the Country, students may be encouraged to practice and propagate Yoga with family members on the occasion of IDY in such way that it becomes a part of their life.

2 In this regard, NCERT is organising an online Quiz competition on IDY, placed on NCERT website and competition will be based on the syllabus of Yoga developed by NCERT. Besides, an online competition for posting 3 minutes videos on yoga poses is being organised on My Gov. Platform by Ministry of AYUSH on IDY. The details guidelines of the competition are available on public domain <https://innovate.mygov.in/my-life-my-yoga/>. The last date for submission of entries is 21<sup>st</sup> June, 2020.

3. In these times of health emergency, the Head of Institutions (Government, Government - Aided and Private Schools) of the Union Territory of Puducherry are requested to inform their students to takepart in the **MyLifeMyYoga** contest for International Day of Yoga (IDY)-2020, to make it a grand success.

**// BY ORDER //**

  
**(P. NARASSINGAME)**  
DEPUTY DIRECTOR  
SPORTS & YOUTH SERVICES

To

1. The Head of the Institutions

Copy to:

1. The Deputy Director (SE) Karaikal
2. The Deputy Director of Education (W), Puducherry
3. The Chief Educational Officer, Puducherry/Karaikal/Mahe
4. The Delegate to the Director of School Education, Yanam
5. The D.I.S (I,II,III,IV,&V), Puducherry.

Copy Submitted to:

1. The Director of School Education, Puducherry.
2. The Joint Director, (SE), Puducherry.
3. The State Project office, Samagra Shiksha, DSE, Puducherry.