



केन्द्रीय विद्यालय संगठन(मु0)
18 संस्थागत क्षेत्र, शहीद जीत सिंह मार्ग, नई दिल्ली-110602
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Dated: 05.05.16

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F. 110338/01/2016/KVS(HQ)Acad./ 472-501

निदेशक/उप आयुक्त

केन्द्रीय विद्यालय संगठन

सभी क्षेत्रीय कार्यालय।

विषय: Including Yoga practice in the In-Service Courses (2016-17) for PGTs & TGTs- Reg.

महोदय/महोदया,

The In Service Courses for various cadres of teachers are about to begin shortly in all the regions. It is felt that the element of Yoga should be included in the 12-day ISC in order to enhance their health and wellness and bring out the vitality among teachers and students.

Isha Foundation is offering scientifically structured Yoga based programmes for this purpose and it has been decided to allot a slot to them in the In-Service Courses of PGTs/TGTs venues for the benefit of the participants. The following may be noted in this regard.

7. The list of PGT/TGT venues in all the regions is being provided to Isha Foundation. They may get in touch with most of the venues, wherever they can reach and they may be allowed in the programme.
8. The Isha foundation personnel need 90 minutes slot in the training programmes. The same may be fixed in consultation with them without affecting the original schedule of the training programme. (in the early hours of the morning or in the evening)
9. They need a furniture free hall or a room and audio visual facilities such as projector, screen, speaker, etc.
10. The participation of the teachers shall be voluntary.
11. The yoga training by Isha foundation is free of cost at all the venues.
12. It is hoped that the benefits of the yoga training shall also percolate to the students with the facilitation provided by teachers if they are benefitted and satisfied.

The above information may be circulated to all the venue directors immediately for necessary action.
This issues with the approval of the competent authority.

भवदीय,

(डॉ. शची कांत)

संयुक्त आयुक्त (प्रशिक्षण)

प्रतिलिपि:

1. Sh M. Kannan, Isha Foundation, New Delhi.
2. PS to Commissioner, KVS (HQ), New Delhi.
3. PS to Addl. Commissioner (Acad.), KVS(HQ), New Delhi .
4. DC(EDP), KVS(HQ) with the request to upload on the KVS website.
5. Guard File.

संयुक्त आयुक्त (प्रशिक्षण)