



केन्द्रीय विद्यालय संगठन / *Kendriya Vidyalaya Sangathan*  
अधिनस्थ मन्त्रालय / अधिनस्थ विद्यालय / मन्त्रालय तन्त्रालय / *Under Ministry of HRD, Govt of India*  
क्षेत्रीय कार्यालय, जम्मू / *Regional Office (Jammu)*,  
राजकीय चिकित्सालय मार्ग, / *Govt Hospital Road,*  
गाँधी नगर, जम्मू-180004 / *Gandhinagar, JAMMU-180004*  
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F. 240350/2016-KVS/JR/Admn

Date: 02-03-2017  
**E-mail Only**

The Principal  
All Kendriya Vidyalayas  
Jammu Region

Subject : **Questionnaire for a survey research deterring prevelance of Yoga Scheme - reg**

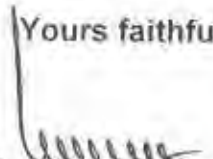
Madam/Sir,

With reference to KVS(HQ), New Delhi letter NO F.11029/39/2017-KVS(HQ)/Acad/Yoga dated 02-03-2017 (**Copy enclosed**) the subject cited above and to say that the Questionnaire (**Annexure-I**) duly filled should be submitted to this office on or before **06<sup>th</sup> March 2017 positively on e-mail ID [kvsrojammu@gmail.com](mailto:kvsrojammu@gmail.com)** for compilation and onward submission to KVS(HQ), New Delhi in time.

Annexure -II is shared on Google drive, all Principals are requested to upload the information on google drive on or before 06<sup>th</sup> March 2017.

Treat matter MOST URGENT.

Yours faithfully,

  
02/03/2017 (A S Gill)  
Assistant Commissioner

Encls : As above

**Copy for information to :**

1. The PA to Dy Commissioner, KVS(RO) Jammu



केन्द्रीयविद्यालयसंगठन / KENDRIYA VIDYALAYA SANGATHAN  
(Min. of HRD, Deptt. of Education, Govt. of India)  
18-संस्थागतक्षेत्र/18-Institutional Area  
शहीदजीतसिंहमार्ग /ShaheedJeet Singh Marg  
नईदिल्ली-110016 /NEW DELHI - 110016  
Tel: 26858566-211, Fax No.26514179  
[WWW.KVSANGATHAN.NIC.IN](http://WWW.KVSANGATHAN.NIC.IN)

F.11029/39/2017-KVS(HQ)Acad/Yoga

Dated: 02.03.2017

The Deputy Commissioner  
Kendriya Vidyalaya Sangathan  
All Regional Office

**URGENT/E-MAIL ONLY**

**Subject: Questionnaire for a survey research determining prevalence of Yoga in scheme- reg**

Sir/Madam,

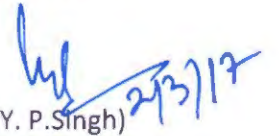
It is to bring to your kind notice that Department of School Education and Literacy, MHRD, Govt of India in a meeting held on 05.01.2017 has decided to conduct a survey to gather quantitative data on teaching /practice of yoga in schools. Initially, it would be conducted in KVS/NVS. In this regard, please find enclosed herewith a copy of questionnaire on Yoga in School received from Sh. A .Bhattacharya, Under Secretary to Govt of India, MHRD for a survey research determining prevalence of Yoga in schools.(Annexure-I)

You are requested to send this Questionnaire to all the Principal/I/c Principals under your jurisdiction and ask them to fill up and submit to Regional Office on or before 07.03.2017. After receiving this information (Duly filled Questionnaire) from all the Principal. Kindly consolidate the same in the given Excel Proforma (Annexure -II). Further all the Questionnaire duly filled by all the principals of your region should be submitted to this office in the hard copy along with the summary/Consolidated information of all the Vidyalaya of your region in the soft form in given Excel Sheet only (Annexure- II) on the email : [acacad2@gmail.com](mailto:acacad2@gmail.com). This information should reach to this office on or before 10.03.2017, for further analysis and submission to MHRD on time.

This issues with the approval of the competent authority.

Yours faithfully,

Encl:- Annexure- I (Questionnaire)  
Annexure-II( Excel Sheet)

  
(Y. P. Singh)  
Assistant Commissioner (Acad.)

Copy to :

1. PS to Commissioner for information.
2. PS to Addl. Commissioner (Acad) for information.

**Yoga in Schools:  
Questionnaire for  
Principals**



Dear Respondent

As you may be aware, Yoga is one of the important components of Health and Physical Education which is a compulsory subject of School education. As per the National Curriculum Framework (NCF) 2005, formal introduction of yogic exercises should begin only from Class VI onwards. The NCF 2005 also states "as a core part of the curriculum, time allocated for games and for yoga must not be reduced or taken away under any circumstances". In order to achieve this, it is important for planners and implementers to know the status of implementation of yogic activities in Schools. As a Head of the school, you have an important role in the implementation of various school activities. For this a Questionnaire have been prepared. Please provide your honest opinion without any hesitation as these responses will help the Policy planners to enable to address this area more effectively. Please be assured that your responses will remain confidential. Hence, you are not required to write your name anywhere on the questionnaire.

Thank you for your cooperation

**STATUS OF YOGA IN SCHOOLS-  
A QUESTIONNAIRE**

**To be Filled in by Principal of the School**

**1. Name of the School with Address**

.....  
.....  
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**Please answer the following questions by putting the tick(√) in the appropriate box(s)**

**2. Types of School**

- (i) KVS  1
- (ii) NVS  2
- (iii) Government  3
- (iv) Other School  4

3 .Is Yoga taught in your school? YES (1)  NO (0)

4 If yes , at what stage? You can tick more.

- (i) Upper Primary Stage  
(Classes 6-8)  1
- (ii) Secondary Stage  
(Classes 9-10)  2
- (iii) Higher Secondary Stage  
(Classes 11-12)  3

5. Yoga classes are conducted

- (i) Daily  1
- (ii) Once a Week  2

(iii) Twice a Week

(iv) Thrice a Week

(v) Any Other Schedule, Please Specify  
.....

6. Yoga classes cover  
(i) Theory

(ii) Practical

7. Whether Yoga Class conducted

(i) In the Morning

(ii) Afternoon

(iii) Evening

(iv) In assembly

(v) If any other time, then pl.  
specify.....

8. Is there a separate period for conducting  
Yoga Classes YES (1)  NO (0)

9. Which of the following yoga practices are taught in your school  
(you may Tick more than one) (Tick more than one)

(i) Yogasana

(ii) Pranayama/Breathing Practices

(iii) Dhyana(Meditation)

(iv) Shuddhi Kriya(cleansing process)

(v) Relaxation Techniques

(vi) Any other, Please Specify.....

10. What is the duration of Yoga Classes?

(i) 30 Minutes

(ii) 40 Minutes

(iii) One hour

(iv) Any other, Please Specify.....

11. Yoga Practices are taught by

(i) Qualified Yoga Teachers

(ii) Trained Yoga Teachers

(v) Physical Education Teacher

(vi) Any other, Please specify.....

12. Do you follow

(i) NCERT Syllabi and Textbook on Yoga YES (1)  NO (0)

(ii) Any other, please specify.....

13. Teaching-aids used

(i) Yoga Charts and Posters

(ii) Yoga related Audio-Video

(iii) Any other, Please specify.....

14. Do you have any provision of training  
other teachers in Yoga?

YES (1)  NO(0)

15. Do you conduct Yoga Competition  
in your School

YES (1)  NO(0)

16. Do you assess the performance in Yoga.

YES (1)  NO(0)