

Circular

**OFFICE OF THE DISTRICT EDUCATIONAL OFFICER, PARVATHIPURAM
MANYAM(FAC)**

Present: Sri B. Raja Kumar, M.Sc., B.Ed.

Rc.No.04/A2/2025

Date: 09/10/2025

Sub: School Education – Implementation of *Surya Namaskars*, patriotic songs and physical activities in all schools – To promote physical fitness, mental alertness, discipline, and sports spirit among students – Detailed instructions issued – Reg.

Ref: Instructions of the District Educational Officer, Parvathipuram Manyam.

ORDER:

It is observed that regular physical exercise among school students has been significantly declining due to sedentary lifestyle habits and reduced outdoor activities. As a result, students are increasingly facing issues such as obesity, poor posture, low stamina, and lack of focus.

To counter these challenges and promote holistic development, all schools in the district are instructed to integrate structured physical exercises, *Surya Namaskars*, and patriotic activities into the daily routine.

The objective of this initiative is to:

- Promote **physical health** and improve body flexibility, stamina, and muscle coordination.
- Enhance **mental alertness** and **academic concentration** through structured morning routines.
- Foster **emotional balance, discipline, and patriotism**.
- Identify and nurture **sports talent** from the school level for future competitions.

Accordingly, the following instructions are issued for strict implementation in all schools under all managements:

1. Morning Prayer Programme

All schools shall follow the below sequence every morning during prayer time:

1. Conduct **4 sets of Surya Namaskars** with the participation of all students and staff.
2. Immediately after that, play and sing “**Maa Telugu Talliki Mallepuvvu Danda**” or “**Vande Mataram**.”
3. Follow the song with another **4 sets of Surya Namaskars**.
4. Immediately after that, play and sing one “**Padyam**” or “**Sathakam**.”
5. Conclude the morning assembly with the **National Anthem**.

To ensure uniformity across the district, the **original audio tracks** of *Maa Telugu Talliki*, *Vande Mataram*, and *National Anthem* are made available on the official DEO website: www.deomanyam.in. All schools must download and play these tracks during prayer time.

2. Importance of Physical Exercise and Surya Namaskars

Physical exercise is an essential component of a student's growth. The practice of *Surya Namaskars* offers multiple benefits such as:

- Strengthening the spine, muscles, and joints.

- Improving blood circulation, lung capacity, and digestion.
- Reducing stress and anxiety, enhancing focus and self-discipline.
- Cultivating a positive attitude and energy to begin the day productively.

Every student, regardless of age or gender, must be encouraged to participate actively in these exercises to build lifelong habits of fitness and well-being.

3. Evening Physical Activity Programme

- During the **last period of the day**, schools shall dedicate time to **sports and games** under the supervision of the **Physical Director (PD)/Physical Education Teacher (PET)**.
- All PDs/PETs shall ensure that every student participates in some form of physical activity daily.
- Each PD/PET shall **identify the best players** in at least **three to four games** from each class and maintain a record for future training and selection for inter-school competitions.
- Conduct a **"Battle Test" (Physical Fitness Test)** periodically to assess endurance, coordination, agility, and flexibility levels of all students.

These activities not only promote health but also encourage teamwork, leadership, and sportsmanship among students.

4. Monitoring and Reporting

- All **Deputy Educational Officers (Dy.EOs)** and **Mandal Educational Officers (MEOs)** are directed to personally monitor the implementation of the above programme in every school under their jurisdiction.
- Monitoring shall include random inspections during morning assemblies and evening activity hours.
- Compliance reports shall be submitted to the DEO office every fortnight.
- Any deviation or negligence in implementation will be viewed seriously and appropriate disciplinary action will be initiated.

5. Expected Outcomes

By implementing the above programme in a sustained and uniform manner, the following outcomes are expected:

- Improvement in students' physical and mental health.
- Enhanced concentration and discipline within classrooms.
- Development of sports culture and identification of young talent.
- Strengthened sense of patriotism and respect for cultural values.


District Educational Officer
Parvathipuram Manyam

To:

1. All Deputy Educational Officers (Dy.EOs), Mandal Educational Officers (MEOs), and Headmasters of all management schools in the district – for necessary action.
2. The Project Officer, ITDA, Parvathipuram – for information.
3. The Project Officer, ITDA, Parvathipuram – for information.
4. The District Collector, Parvathipuram Manyam – for kind information.
5. Stock File.