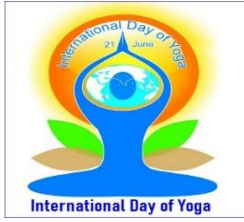


7TH INTERNATIONAL DAY OF YOGA 2021



Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well-being. Let us work towards adopting an International Yoga Day.

—Narendra Modi, UN General Assembly

International Day of Yoga (IDY) is celebrated globally on 21st June. The aim and objective to celebrate Yoga globally is to achieve global health and wellness. India believes in "**Vasudhaiva Kutumbakam**" means the world is one family and "Sarve Bhavantu Sukhinah Sarve Santu Niramayah" means "may all be at peace, may no one suffer from illness".

Due to the COVID19 pandemic, the International Yoga Day 2021 will be celebrated virtually keeping in mind the safety protocols. The theme of the IDY 2021 is "**Yoga at home and Yoga with Family**".

To mark the day, the School will be hosting various events online through **Google Meet/ Zoom Live**. The Class Teachers will be generating and sharing Links for their respective classes on 20.6.2021



The details of the Programme are mentioned below:

S. NO.	EVENT DETAILS	TEACHER IN CHARGE(S)	TIMINGS	ATTENDEES
1	Enlighten Within (OM Chanting)	Mr P Pallavi Ms Sumona S Mr Swapan M	09.00 AM	All students of PS1- XII and teachers
2	Rise and Shine (Yoga Song)	Mr P Pallavi Ms Sumona S	09.05AM	All students of PS1- XII and teachers
3	Release of the Newsletter- YOGLIFE and Principal's address	Ms Poonam S Ms Nandini B	09.10 AM	All students of PS1- XII and teachers
4	Symmetry Bliss (Basic Yoga Protocol) in association with ISHA FOUNDATION	Mr D Bist Ms Vidhi O	09.15 AM	All students of PS1- XII and teachers
5	Balance the Soul with yoga- A Dance Performance	Ms Kavita P	09.45AM	All students of PS1- XII and teachers
6	National Anthem	Ms P Pallavi Ms Sumona S	09.50AM	All students of PS1- XII and teachers
7	Panel Discussion	Overall Incharge- HM(Sr) and Ms Vidhi O Emcee – Ms Arzoo Dhindsa (XII)	10.00AM	ALL THE STUDENTS OF CLASSES IX-XII WILL WITNESS THE EVENT DIGITALLY ALONG WITH THEIR CLASS TEACHERS
8.	Sports Quiz	Ms Namrata Mr Anshul Ms Anita P	10.00AM	VI-VIII There will be 4 teams, one from each house comprising 3 members, one each from classes VI/VII/VIII. ALL THE STUDENTS OF CLASSES VI/VII/VIII WILL WITNESS THE EVENT DIGITALLY ALONG WITH THEIR CLASS TEACHERS AND PARTICIPATE IN THE OPEN QUIZ QUESTIONS

IT IS A MUST FOR ALL STUDENTS TO JOIN THE EVENT ALONG WITH THEIR TEACHERS, WE INVITE PARENTS TO BE A PART OF THE EVENT.



योग का नियमित अभ्यास कराये, जीवन को खुशहाल और स्वस्थ बनाये

Ashaprabhakar

Asha Prabhakar
(Principal)

स्वच्छ भारत

एक कदम स्वच्छता की ओर

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