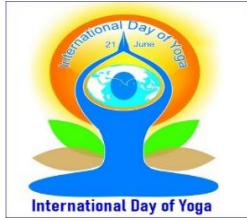


7TH INTERNATIONAL DAY OF YOGA 2021



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 Niramaya" 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.

The details of the Programme are mentioned below:



S. NO.	EVENT DETAILS	TEACHER IN CHARGE(S)	TIMING	CLASSES	PRESENTATION	REMARKS
1	Enlighten Within (OM Chanting)	Mr P Pallavi Ms Sumona S Mr Swapan M	09.00 AM	PS1- XII	Virtual Presentation	Pre-recorded by 18.06.2021
2	Rise and Shine (Yoga Song)	Mr P Pallavi Ms Sumona S	09.05AM	PS1- XII	Virtual Presentation	Pre -recorded by 18.06.2021
3	Release of the Newsletter- YOGLIFE and Principal's address	Ms Poonam S Ms Nandini B	09.10 AM	PS1-XII	Live message by Principal	Newsletter will be released virtually by School Principal, Ms Asha Prabhakar
4	Symmetry Bliss (Basic Yoga Protocol) in association with ISHA FOUNDATION	Mr D Bist Ms Vidhi O	09.15 AM	PS1- XII	Virtual presentation	All students to participate along with their families via the Google Meet / Zoom Live link shared by the Class teachers
5	Balance the Soul with yoga- A Dance Performance	Ms Kavita P	09.45AM	PS1- XII	Virtual Presentation	Pre-recorded by 18.06.2021
6	National Anthem	Ms P Pallavi Ms Sumona S	09.50AM	PS1- XII	Virtual Presentation	Pre -recorded by 18.06.2021
7	Panel Discussion	Overall Incharge- HM(Sr) and Ms Vidhi O Emcee – Ms Arzoo Dhindsa (XII)	10.00AM	IX-XII	Virtual presentation Through Google Meet / Zoom Live And YouTube	To be attended by all the teachers and Students of Classes IX-XII
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	House wardens and a nominated teacher to be present virtually during the programme Online platform to be used will be Google Meet / Zoom Live	Rules to be circulated by Ms Anita Panda by 13.06.2021

There will be a General Body Meeting at 11.00 a.m. All staff members to attend and Staff Reps to send out a reminder to the staff on 20 June, 2021 through Whatsapp.

The Overall incharge for the event is Ms Anupama Motwani, Vice Principal. Overall coordination will be looked after by Ms Amita Ganjoo, HM (Sr) and Mr Dinesh Bist, HOD Phy Edu.

The emcees for the day will be Ms Rachna S and Ms Kamna J, Emcee mentor for Arzoo Dhindsa will be Ms Rumpa B.

Technical Assistance for video making and creative will be provided by Ms Asha Menon, for the newsletter by Ms Sheetal and Ms Alka Rai and for the telecast of the programme Ms Asha Menon, Mr Yograj Malik and Mr Sachin Upadhyay.



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

Asha Prabhakar

Asha Prabhakar
(Principal)

स्वच्छ भारत

एक कदम स्वच्छता की ओर

Distribution

VPL, HMs, Staff (via e-mail)

Students through Broadcast Groups

Website, A/R (File)

