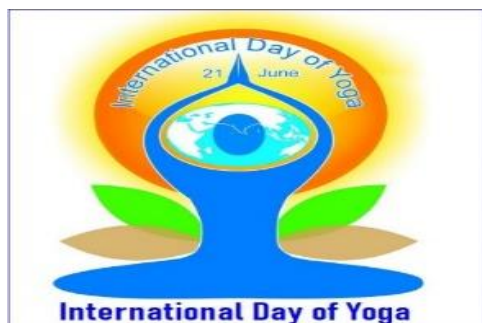




## 8<sup>TH</sup> INTERNATIONAL DAY OF YOGA 2022

*Yoga does not just change the way we see things, it transforms the person who sees*



**International Day of Yoga is celebrated** worldwide on 21<sup>st</sup> June every year. It celebrated the physical and spiritual prowess that Yoga has brought to the world state. Recognizing the importance of Yoga, this year Yoga Day theme focusses on how Yoga helps to cure Covid-19 and how it will help in achieving holistic health of every individual.

To mark YOG DIWAS, the School will be hosting various events virtually through **Google Meet on 21<sup>st</sup> June 2022**. The Class Teachers will be generating and sharing Links for their respective classes.

The details of the Programme to be broadcast on 21<sup>st</sup> June 2022 are as mentioned below:

S. NO.	EVENT DETAILS	TEACHER IN CHARGE(S)	TIMING	CLASSES	DATE OF SUBMISSION OF PRE RECORDED PRESENTATION
1	ENLIGHTEN WITHIN (OM Chanting)	Ms Sumona Ms. Vibha Khurana	08.30 AM	PS- XII	25.05.2022
2	उठो सवेरा हुआ Yoga Song	Mr P Pallavi Mr Yuvraj Panwar Ms. Payal Chauhan	08.32 AM	PS- XII	25.05.2022
3	Principal's address	Ms. Manisha Arora Mr Faiz Ahmed	08.40 AM	PS-XII	28.05.2022
4	SURYA NAMASKAR - Presentation	Ms Rani Negi Mr. Niladri ShekharDas	08.50 AM	VI -VIII	27.05.2022
5	THE AWAKENING- Rhythmic Yog	Mr. Swapan M Ms Nisha	9.00 A.M.	IX-XII	27.05.2022
5	THE FACIAL WORKOUT Face & Eye Yoga	Ms. Kavita Pandey Mr. P. Pallavi Ms. Yasha Sharma	09.10 AM	XII	27.05.2022
7	COMMON YOGA PROTOCOL	Mr D Bist Mr Vardhan S Ms Vidhi O Mr. Yuvraj	9.15 AM	All Staff Members	27.05.2022
8	NATIONAL ANTHEM	Ms P Pallavi Ms Sumona S	09.50AM	PS- XII	23.05.2022

**Item No. 7 will be recorded on 27 May 2022 at 07.00 A.M. All Staff members to participate in the event Mr. Dinesh Bist and Ms Vidhi Oberoi to circulate the detailed ION by 23 May 22.**

**All students will participate on 21<sup>st</sup> June 2022 along with their families virtually via Google Meet Link will be shared by the class teachers.**

स्वयं को बदलो तो यह जग बदलेगा योग से सुखमय हर दिन निकलेगा  
योग है स्वास्थ्य के लिए लाभकारी योग रोगमुक्त जीवन के लिए गुणकारी

*Asha Prabhakar*

Asha Prabhakar  
(Principal)

स्वच्छ भारत

एक कदम स्वच्छता की ओर

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