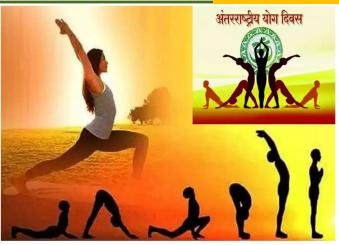
ION/10/2022-23



24 May, 2022

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





Reference to ION/09/2022-23 dated 21 May 2022, all Staff members are requested to join the Common Yog
Protocol in School grounds on 31<sup>st</sup> May, 22, which will focus on practising Yog for physical and mental
wellbeing."

Reporting time for All Staff Members on Tuesday 31.05.2022 will be 6.45 a.m

Assembly in School Grounds	:	7.00 a.m
Dress Code Male Staff	:	White Kurta Pyjama
Female Staff	:	White Salwar Suit

The details of the duties to be performed are mentioned below:

S.NO	TASK	INCHARGE
01	Sprucing up of School Grounds	A.O
02.	Placement of Raised Platform, Sound System, Mikes	A.O & P.Pallavi
03.	Placement of Yoga Mats	D. Bist, Ramesh. C, Ashutosh
04.	Marking Places for Performers to create YOG DIWAS Formation	D. Bist
05.	Common Yoga Protocol Demonstration	Rani Negi
06.	Drum Beat	D. Bist
07.	Soft Forest Music & Running Commentary describing Steps, Benefits	P.Pallavi
	and Contradictions of Yog Asana being Performed.	
08.	Banner and Poster	Faiz Husain
09.	Photography and Videography along with Editing, Captioning of	Niladri D, Yuvraj P
	images	Kamna Joshi
10.	Report Writing Press Release	Manisha Arora, Rajni G
		Rumpa B

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

Achapathatan.

Asha Prabhakar (Principal) स्वच्छ भारत एक कदम स्वच्छता की ओर

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