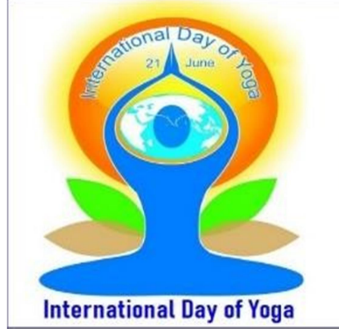




9TH INTERNATIONAL DAY OF YOGA 2023

“An individual has not started living until he can rise above the narrow confines of his individualistic concerns to the broader concerns of all humanity”



Dear Students, Parents and Staff,

Mark your calendar for 21 June, 2023 as we celebrate **Yoga for humanity** in the School Auditorium as per the programme below.

S. NO.	EVENT DETAILS	TEACHER IN CHARGE(S)	TIMING
1	ENLIGHTEN WITHIN (OM Chanting)	Ms Vidhi Oberoi & Ms Asha Menon	08.45 AM
2	SURYA NAMASKAR	Students under the charge of Ms Rani Negi	08.50 AM
3	THE AWAKENING – Alignment Yoga	ASMYI YOGA Representatives	09.00 AM
4	NATIONAL ANTHEM	Mr Dinesh Bist	10.00 AM

By collaborating with the ASMYI Yoga team, we aim to create a synergy of knowledge, expertise and shared experiences to make this event truly remarkable.

Join us in the School Auditorium for a session on health and wellbeing, learning to de-stress, supporting good health habits and improving emotional health.

Dress code to be followed is White T Shirt and Track pants/tights.

The active participation of staff and students is solicited and will contribute immensely to the success of the event and help us inspire more individuals to embrace the practice of yoga.

WE ENCOURAGE OUR PARENT COMMUNITY TO BE A PART OF THE EVENT.

स्वयं को बदलो तो यह जग बदलेगा
योग है स्वास्थ्य के दलए लाभकारी

योग से सुखमय हर ददन दनकलेगा
योग रोगमुक्त जीवन के दलए गुणकारी



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

Distribution

VPL, HMs, A.O.
All Staff Members

Asha Prabhakar
(Principal)

स्वच्छ भारत

एक कदम स्वच्छता की ओर