



Bal Bharati
PUBLIC SCHOOL
ROHINI

BBPSRH/PARENT/2021-22/25

23 June 2021

Dear Parents,

"Yogah Karmasu Kaushalam" - yoga is the dexterity in action.

Described as the journey of self-discovery, this ancient practice is a holistic discipline that not only has a positive impact on body and mind but also empowers the soul. Rooting from the Indian culture, yoga has garnered popularity worldwide. The ancient heritage of India is now the heritage of mankind for its wellness, wellbeing and welfare. The International Community observes the International Yoga Day on 21st June every year.

NCERT has extrapolated the significance of yoga for today's youth and has **organized an Online Quiz Competition on Yoga** based on Syllabus developed by it. **Students of classes VI- XII** can participate in the quiz by clicking on the links for My Gov

(<https://mygov.in/>);(<https://quiz.mygov.in/quiz/yoga-for-life-quiz/>)

and DIKSHA (<https://diksha.gov.in/>) platforms.

The links for the Quiz are active. The Quiz will close on July 20 midnight 2021. Maximum participation is solicited.

GEETA GANGWANI

PRINCIPAL