

**CELEBRATION OF INTERNATIONAL YOGA DAY**

**Dear Parents,**

**Greetings!**

Since its inception in the year 2015, June 21st is celebrated as the International Day of Yoga all over the world. This idea was proposed by our Hon'ble Prime Minister, Mr. Narendra Modi to propagate "YOGA FOR WELLNESS". As a catalyst to mental well-being, Yoga embodies the unity of mind and body. It helps to instill confidence and teaches children to persevere, be patient, and work towards their goals. Yoga also provides tools for practicing compassion, mindfulness, generosity, focus, strength, and flexibility.

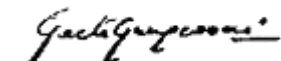
In pursuit of holistic well being, various activities have been designed for **International Yoga Day** for students of **PS, PR and Classes I to X and XII**.

The assignment for the following class- wise activities along with the details will be created by the Class Teachers on the Google Classroom under the header 'International Yoga Day':

- **Thumb painting in any Yoga posture (PS, PR and Class I)**
- **Drawing Yoga postures using Warli Art (Classes II and III)**
- **Making Yoga postures using waste material (Classes IV and V)**
- **Poster/ Collage making on Yoga postures (Classes VI- VIII)**
- **Design a Banner for Yoga Day Celebration (Class IX and X)**
- **Design a Flyer to popularize Yoga among students (Class XII)**

**Students to use A-3/A-4 size sheets for the above mentioned activities and upload the PDF of the same on Google Classroom latest by 10 June 2022.** The sheet used should have a 0.5 inch border on all sides in single colour. **Three entries per section will be selected by the respective Class Teachers to be displayed in the Virtual Exhibition on 21 June 2022. A certificate of appreciation will be awarded to the selected students.**

Seeking your co-operation for a healthy balance of students' mind and body.

  
Geeta Gangwani  
Principal