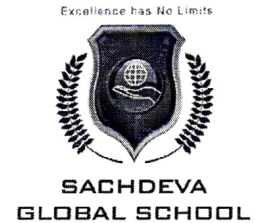


Circular No.:-SGS/Admn./PC019/2021-22
Wednesday, 16th June 2021



PARENTAL CIRCULAR – CELEBRATION OF INTERNATIONAL YOGA DAY

CLASSES: BUDS-XII

Dear parent

"Yoga means addition.

Addition of energy, strength & beauty to body, mind and soul."

Yoga is not just difficult poses and positive affirmations; it's not about incense and frills. Yoga is a lifestyle and approach to positivity which seeks to enlighten the spirit and attune body and mind. It embodies unity of thoughts and actions; restraint and fulfillment; harmony between man and nature and a holistic approach to health and well-being. It is about discovering the sense of oneness with yourself, the world and the nature.

It is a matter of great pride that **United Nations** has declared June 21st as "**International Yoga Day**" and it is celebrated with vigor and enthusiasm all around the world to spread awareness about the significance of yoga in our lives.

In the light of the Covid-19 pandemic and the Government's guidelines, this year's "International Yoga Day" will be celebrated on digital platforms with no mass gatherings.

The theme of this year's **International Yoga Day** will be "**Feel the Power of Yoga with Family**". All the students and parents are requested to motivate each other and join the **virtual celebration** at 7:00 AM on June 21, 2021 as per the given link- International Day of Yoga-2017.

[www.youtube.com-Link-https://youtu.be/KH1Sdddt h0](https://youtu.be/KH1Sdddt h0)

All the participating children must make a short video of their activity.

A link for submission of the videos will be created on Google Classroom.

Looking forward to whole hearted participation.

Regards


Miti Dhingra
Head of School