

Circular No.30/2023-24

18th June 2023

Dear Parent,

United Nations has declared 21st June as '**International Day of Yoga (IDY)**'. It has been a worldwide celebration for the last 8 years and has effectively facilitated the global dissemination of the significance of practicing Yoga for overall health and well-being and enduring sustainable lifestyle. The theme for this year is 'Yoga for Vasudhaiva Kutumbakam'. The domestic tagline for IDY 2023 is 'Har Aangan Yog' being propagated to bring Yoga to every household at the grass root level. Ministry of Ayush, Government of India has prepared 'The IDY Handbook' which is available at the link: <https://drive.google.com/drive/folders/1pyJW4GuklqAzqBiYe5s58XeeLk1PSGy4?sort=13&di%20rection=a>

In view of above, AVN Vida will be organizing the following events on account of **International Day of Yoga 2023:**

1. **Organized demonstration and guidance session** will be organized in the school premises on **Wednesday, 21st June 2023** for **grades (III-X)**. Students should come in sports uniform, if they don't have sports uniform then they come in white T shirt with black/grey track pant. Students need to carry their yoga mat on the special day. The session will start sharp at **8.15am** and breakfast time will be given thereafter.
2. **Drawing Competition** for **grades I & II** and **Essay Writing Competition** for **grades III-X** will be organized on 21st June 2023 (2pm-3pm) on the **Theme-Yoga**. Interested students need to carry an A4 sheet and required stationary. Prewritten essay will not be accepted.
3. Students and staff are suggested participate in **IDY competitions** organized by Ministry of Ayush on MyGov platform (<https://www.mygov.in/>)
4. Yoga Quiz: A Yoga Quiz is being organized by the Ministry of Ayush (MoA), in collaboration with the MyGov on platform

(<https://www.mygov.in/campaigns/international-yoga-day/?target=webview&type=campaign&nid=0>)

7. Yoga Pledge: Ministry of Ayush is encouraging the citizens to take Yoga Pledge (<https://yoga.ayush.gov.in/>), with a resolve to make Yoga an integral part of their daily lives.

Encourage your ward to be an active participant.

After participation, kindly share the **certificates of the students to 9248011444** (WhatsApp)

s/d

Principal