



Dear Parents,

**SUB : Celebration of International Day of Yoga**

We are pleased to inform you that 21<sup>st</sup> of June has been declared as the '**International Day of Yoga**' (IDY) by the United Nations. There have been worldwide celebrations during the previous years which has effectively facilitated the global dissemination of the significance of Yoga for overall health and well-being and enduring sustainable lifestyle.

In regard to the above, we encourage our students to actively participate in the '**International Day of Yoga**' competitions organized by the Ministry of Ayush on the **MyGov platform**. The details are as follows:

**IDY 2024 Jingle Contest:** Participate here - <https://www.mygov.in/task/international-day-yoga-2024-jingle-contest/>

**Yoga Quiz:** Participate here - <https://quiz.mygov.in/quiz/international-day-of-yoga-2024-quiz/> All participants will receive the certificate.

**Please ensure that registration is mandatory on MyGov.in** before participating in the Quiz and Jingle Contest. Last date for participation is 25<sup>th</sup> June 2024

At the school level, YIS will be conducting various activities to celebrate IDY which includes:

- Quiz Competitions
- Essay Writing Competitions
- Yoga Workshops for students and teachers

Ministry of Ayush, Government of India, has also prepared a 'Common Yoga Protocol' Handbook. You can access the handbook via the following link: [yoga.ayush.gov.in/public/assets/front/pdf/CYPEnglishLeaflet.pdf](https://yoga.ayush.gov.in/public/assets/front/pdf/CYPEnglishLeaflet.pdf)

Additionally, 'Common Yoga Protocol' videos are available in 22 Indian languages, which you can view here: [youtube.com/playlist?list=PLxZ05kgQiFwf6JbbEvThIy9AcZ0xrfxvk](https://youtube.com/playlist?list=PLxZ05kgQiFwf6JbbEvThIy9AcZ0xrfxvk)

We aim to encourage our students and staff to practice and adopt Yoga as part of their daily routine and we look forward to your enthusiastic participation in making this event a success.

For further details, you may click on the link below to view official circular from CBSE:

[https://yaraschool.net/cbse/circular2024-25/Celebration%20of%20International%20Day%20of%20Yoga%20\(IDY\)%202024%20%E2%80%93%20reg.\\_46\\_Circular\\_2024.pdf](https://yaraschool.net/cbse/circular2024-25/Celebration%20of%20International%20Day%20of%20Yoga%20(IDY)%202024%20%E2%80%93%20reg._46_Circular_2024.pdf)

Warm Regards,

*Aasima Saleem*

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Academic Principal

