



# IRIS INTERNATIONAL SCHOOL

Nalasopara - East

Class : VI to IX

14/06/2021

## Respected Parents,

The **International Yoga day** will be celebrated on 21/06/2021 for **classes 6 to 9**. It has been tried and tested that practicing Yoga helps in the development of stronger physical and mental well-being. The simple Yoga Kriyas help in regaining the sense of control and enable the mind and body to provide tools for better management of anxiety due to situations beyond control.

Due to the pandemic situation, the school is organizing the International yoga day virtually for students from **8:00 am to 9:30 am**.

Following online events will be organized to celebrate the International yoga day:

1. Online Yoga workshops for Parents, Teachers and Students – 30 minutes.
2. Online Multiple Choice Quiz Competition on Yoga – 30 minutes.
3. Online Yoga performance by students – 10 minutes.

## Instructions :

1. All students of the class must participate in the competition.
2. Participants should be in PT uniform.
3. The class teacher will conduct the competition online.
4. The parents/students should use a yoga mat for the event.
5. Students must also **RECORD & UPLOAD** the video in their Google Classroom after completion.
6. The result will be declared on 24/06/2021.
7. The grade teacher's decision for the competition is final.
8. **Parents should take care of students' yoga activity on the day at home.**

**Criteria:** 1. Correct position of Yogasana 2. Degree of flexibility 3. Synchronization of body  
4. Presentation.

  
PRINCIPAL

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