



# IRIS INTERNATIONAL SCHOOL

NALASOPARA – EAST

CBSE Aff. No. 1131176

(We are SCHOOL with very NEW concept)

Grade: VI - XII

Date: 14/06/2022

## INTERNATIONAL YOGA DAY

Respected Parents,

Our school is celebrating **International Yoga Day** for grades VI - XII. The theme for the celebration is “Yoga for Humanity”.

The International Yoga Day Celebration is conducted for students in order to –

- Raise awareness worldwide of the health benefits of practicing yoga.
- Develop the habit of meditation among youngsters so that they can enjoy more peace of mind and self-awareness, which is essential for a stress-free existence.
- Educate people about the physical, mental and spiritual benefits that can be derived by practicing yoga.

Sr. No.	Date	Grade	Events	Timing
1	21/06/2022	VI - XII	Yoga workshop	11:00 am – 11:40 am

**Instructions:**

1. The celebration will be conducted under the supervision of P.E teacher.
2. On the day of event, students have to carry yoga mat along with them.
3. Duration of the event: 40 minutes.
4. Participation is compulsory for all the students.

*It is better to conquer yourself than to win a thousand battles*