Circular acad./23-24/8 CIRCULAR – 8 Date: - 21-6-2023

International Yoga Day Celebration

Dear parents,

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 practising 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 grassroot level.

The IDY Handbook

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 rection=a

Yoga Quiz:

A Yoga Quiz is being organized by the Ministry of Ayush (MoA), in collaboration with the MyGov on platform https://quiz.mygov.in/quiz/international-day-of-yoga-2023-quiz-2-0/

- Classes 6 to 10 students will click on the Yoga quiz link, do the registration under your parent's guidance and take part in the quiz.
- Download and take a printout of the Digital certificate and add it in the portfolio file.

Yoga Pledge: For all classes

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.

Happy International Yoga Day to all.

Blossom

Principal
G.E.I's Blossom International School
Dombivli (E), Thane - 421 201.
(CBSE AFFI. No. 1131079, School No. 31059)

G.E.I's BLOSSOM INTERNATIONAL SCHOOL
CBSE AFFI. No. 1131079
DOMBIVLI (E)