



DAV PUBLIC SCHOOL

KALINGA NAGAR, GHATIKIA, BHUBANESWAR-751029
(Affiliated to C.B.S.E., New Delhi, Affiliation No. 1530121, School No.-15321)

NOTICE REGARDING INTERNATIONAL YOGA DAY

Dear Parents,

This is to inform you that the Ministry of Ayush, Govt. of India has started a campaign called 'Yoga at Home, Yoga with Family' to encourage the practice of Yoga with family members to counter the effects of the viral infection, while practicing all precautionary measures to slow down the spread of COVID – 19. To observe the International Day of Yoga on 21st June 2020, the ministry will be organizing a trainer led Yoga Session which will be broadcast on television (Doordarshan) at 7 a.m. on 21st June 2020 for people to follow and practice in solidarity. The message received from Ministry of Ayush, Government of India is mentioned below.

Dear friend,

Greetings from the Ministry of AYUSH, Government of India. The International Day of Yoga (IDY) - 2020 is just around the corner and we want to see you there at the event with your family, doing Yoga. We request you and your family to mark your participation by filling in the details in the form: <https://forms.gle/Kj7oAjbejSasvDPLA>.

Don't forget to **join us with your family and thousands of others tomorrow i.e., 21st June 2020 from your respective homes for doing a 45- minute long Common Yoga Protocol (CYP) drill at 7.00 AM.** In fact you can join us for an introductory session at 6.15 AM on Doordarshan, which will then go on to provide live demonstration of CYP. It is specially designed to be easily adoptable by majority of the people irrespective of age and gender, and can be learnt through simple training sessions, even though online classes (individuals facing health issues are advised to consult a physician before taking up Yoga practice). **The official hashtag for this year is #IdoYogaAtHome and we request you to use it on social media.**

We are excited to see you at the event. Prepare yourself and be there to do Yoga with the world. See you at **6:15 AM on 21st June 2020.**

Warm regards,

PN Ranjit Kumar, Joint Secretary, Ministry of AYUSH

Further Fit India Mission is also organizing a special live session on **Fit India You Tube Channel at 5.00 p.m. on 21st June 2020** to celebrate the International Yoga Day. Ms. Silpa Shetty, renowned fitness icon, Hon'ble Minister of Youth Affairs & Sports along with two sports icons will join the live session.

So you are requested to kindly take this opportunity to witness and be a part of these events along with your family members to commemorate the International Yoga Day.

PRINCIPAL