**S. M. PUBLIC SCHOOL**

**(Affiliated to CBSE, New Delhi upto 10+2)**

**CIRCULAR**

**Date - 17.06.21**

Dear Parents,

Greetings of the day!!

As we know, benefits of yoga in a student’s life are immense. Yoga if practiced for an hour everyday with yoga exercises, yoga postures and yoga asana not only boost concentration levels but help in studies by making the mind relaxed and focused.

This year the theme of International Day of Yoga (21st JUNE) is “YOGA for well-being”.

For this we are going to organize an **ACTIVITY – Yoga Asana/Posture** for our students of **Classes from IX to XII**

Please note the following points related to this activity –

* Students are required to make different **yoga asana/posture**.
* Share your pictures/short videos (50-55 Sec) in School Uniform with Name & Class on 9760775500 (Whatsapp), 9557970664 (Whatsapp) till 19th June’21
* Encourage your child to participate in this activity enthusiastically.
* Unique idea and performance will be awarded with **E-Certificate**.

**Regards**

**SMPS**