**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, Yoga helps kids to relax, relieve stress, sleep better, improve emotional regulation, increase empathy, improve mood & affect.

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** for our students to spread awareness about **Importance of Yoga**. **(Classes from Nur to 2nd )**

Please note the following points related to this activity –

* All the parents are requested to help your kids to make a short video (50-55 sec)

(Poem, Slogans, Song, Few lines on Importance of yoga)

* Topic of the VIDEO will be **IMPORTANCE OF YOGA.**
* Send videos of your ward in School Uniform with short introduction (Name, Class, Topic) on 9760775500 (Whatsapp), 9557970664 (Whatsapp) till 18th June’21
* Encourage your child to participate in this activity enthusiastically.
* Unique idea and performance will be awarded with **E-Certificate**.

**Regards**

**SMPS**