**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 a **YOGA** **AWARENESS** **E-QUIZ** on 21.06.21 (Monday) from 9:00am to 4:00pm for Classes **III to XII**

Kindly note that the E-Quiz will be conducted Online through GOOGLE FORM.

Date - 21.06.21 (Monday)

Time - 9:00am to 4:00pm

Classes - III to XII

No. Of Questions - 20 (Time-30mins)

Participants scoring 60% or above 60% correct answers will be awarded with E-certificate.

**Looking to a healthy and enriching participation.**

**Regards**

**SMPS**