

Circular No 26/2021-22

17<sup>th</sup> June 2021

Dear Parent,

**“Yoga is the  
journey of the self,  
through the self,  
to the self”.**



Yoga is a physical, mental and spiritual practice which keeps our body and mind healthy.

The 7<sup>th</sup> International Yoga Day 2021 will be celebrated virtually on **Monday, 21<sup>st</sup> June 2021**.

On the occasion of the International Yoga Day, the School has a host of collaborative activities chalked out for our students and their families.

### **Event 1: Yoga Day Quiz**

**Date & Time: Saturday, 19<sup>th</sup> June 2021 at 10am**

S. No	Grade	Teachers Incharge	Zoom Meeting	passcode
1	Grade I & III	Mrs. Amala Mrs. Gayathri Mrs. Jayanthi	5194442129	avnvida
2	Grade II	Mrs. Bhavani Teja Mrs. Kousalya Mrs. Srividhya	3023529599	avnvida
3	Grade IV&V	Mrs. Shraddha Mrs. Himabindu Mr. Venkat	8105270277	avnvida
4	Grade VI-X	Mrs. Divya (Science) Mrs. Divya (Computer) Mr. Vijay	3875889609	avnvida

## **Event 2: Yoga Day Workshop**

Facilitators in charge: Mr. Vijay & Mr. Venkat

**Date/Day: Monday, 21<sup>st</sup> June 2021**

**Timing:**

Batch 1: 6.00am-6.40am

Batch 2: 7.00am-7.40am

**Note:** Students along with their family can participate in any one batch.

**Zoom Meeting ID: Mr. Venkat- 3370110620**

**Passcode: avnvida**

Your active participation along with your ward is highly appreciated!

Stay Safe! Stay Strong! Stay Home!



Principal