



BANASTHALI PUBLIC SCHOOL

(SENIOR SECONDARY, AFFILIATED TO C.B.S.E.)

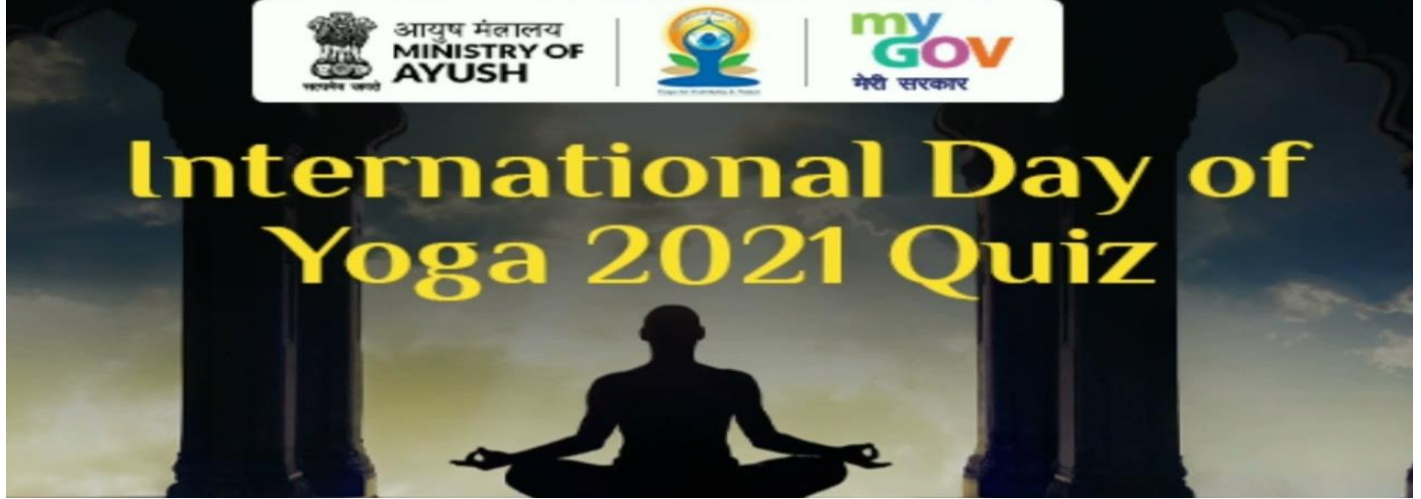
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Circular No. BPS/21-22/18

Date: 30.06.2021



Dear Parent,

It is a matter of pride that United Nations has declared June 21 as “**The International Day of Yoga**” and the same was celebrated on digital platform with vigour and enthusiasm, all around the world to spread awareness about the importance and effects of yoga on the health of people.

Reference to Circular from Department of Education No. F.42/DE/PE&NI/2021-22/636-685 dated 22.06.2021, National Council of Educational Research and Training (NCERT) is organising a quiz competition as a part of IDY-2021. This quiz will be in English and Hindi both Competition will be open from **21st June 2021 and will close on 20th July midnight 2021**. *The guidelines related to Yoga is available on www.ncert.nic.in.*

Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action, restraint and fulfilment, harmony between man and nature, holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well-being.

It is mandatory for all the students to participate in the activity as a same will be considered for Internal Assessment for the Session 2021-22. Therefore, Parents are requested to motivate their wards for the participation in this activity.

Students are also requested to send their participation certificate on email for Internal Assessment and School office record at: **E-mail ID: bpscreativity2@gmail.com** in the given mail format :

- The **SUBJECT** of E-mail should be: <CLASS> <SEC> <ADM. NO.> <NAME OF THE STUDENT> <EVENT>
e.g. **3A-5258-SHIKHA-IDYOGA-2021**
- The **content** of E-mail should be in the following format:
 1. CLASS & SEC.:
 2. ADMISSION NO.:
 3. NAME OF THE STUDENT:
 4. ACTIVITY:

Hope to have enthusiastic participation from you all.
Enjoy Learning! Happy Learning! Stay Healthy!

Principal