



BANASTHALI PUBLIC SCHOOL

G-Block, Plot No.-16, Vikas Puri, New Delhi-110018

Circular No. BPS/24-25/14

APPLICABLE FOR ALL CLASSES

Date: 18.06.2024



Dear Parent,

It is a matter of pride that United Nations has declared 21st June as “International Day of Yoga” (IDY) 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 CBSE Circular No. CBSE/ACAD/DS(MS)/2024 dated 14.06.2024, a Yoga Quiz is being organized by the Ministry of Ayush (MoA), in collaboration with the MyGov platform

[\(https://quiz.mygov.in/quiz/international-day-of-yoga-2024-quiz/\)](https://quiz.mygov.in/quiz/international-day-of-yoga-2024-quiz/)

as a part of IDY-2024 started from 10th June 2024 and will close on 30th June 2024 by 11:59 p.m.

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 2024-25. Therefore, Parents are requested to motivate their wards for the participation in this Quiz.

Students are also requested to send their participation certificate on email for Internal Assessment and School office record at: E-mail ID: bpscreativity3@gmail.com in the given mail format latest by 02nd July, 2024 (Tuesday) :

- The **SUBJECT** of E-mail should be: <CLASS> <SEC> <ADM. NO.> <NAME OF THE STUDENT> <EVENT>
e.g. **3A-5258-SHIKHA-IDYOGA-2024**
- 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