



MAHARAJA AGRASEN MODEL SCHOOL, CD-BLOCK, PITAMPURA, DELHI

Circular No. MAMS/2021-22/16

June 19,2021

Celebration of International Day of Yoga on June 21, 2021

“It is health that is the real wealth and not pieces of gold and silver.”

Mahatma Gandhi

Dear parents, guardians and students

Yoga is a great practice for both the body and the mind as it offers peace and mindfulness and helps one get through daily stress.

It is a matter of immense pride that the United Nations has declared June 21st as "The International Day of Yoga". This day is celebrated with a lot of vigour and enthusiasm, in India and all around the world with an aim to spread awareness about the importance and positive effects of yoga on the health of people.

In view of the Covid-19 pandemic, this year's "International Yoga Day" will be celebrated on digital media platforms . The theme this year is "Feel the Power of Yoga with Family".

All students should practice Yoga daily. All participating students are requested to make a short video and share it with Dr. Dilawer Singh, latest by June 24.

dilawer.singh@agrasenschool.com

For any query you may contact Dr. Dilawer Singh @ 9811804412.

Stay home,stay safe!

Best wishes

Dr. Pratibha Kohli

Principal