

*“The foundation of success in life is good health.”*

Dear Parent,

Yoga has benefits for the body and the mind and is an inexpensive, convenient, and effective exercise form. It has become a way of life for millions across the world staying at home due to the pandemic ensuring fitness and wellness. International Yoga Day is observed on June 21 every year to raise awareness worldwide of the many benefits of practicing yoga.

The theme for this year's International Yoga Day is **“Yoga at Home and Yoga with Family”** which will be celebrated on various digital media platforms. Students will be able to join the celebration virtually at **7:00 AM** on **21<sup>st</sup> June 2020** through the given link-**www.youtube.com link-https://youtu.be/KH1Sdddt\_h0**.

Keeping in mind the holistic well-being of our students, CBSE and Fit India Mission have also collaborated to organize a special live session at **5:00 PM** on **21<sup>st</sup> June 2020** to celebrate **International Yoga Day–2020**. **Ms. Shilpa Shetty**, renowned fitness icon and experienced Yoga practitioner will be conducting the live session on **Fit India YouTube channel** and **CBSE social media platforms**, designed to engage children meaningfully through fun and education elements about yoga.

NCERT is also organizing an **Online Quiz Competition on Yoga**, for the fitness enthusiasts of **classes VI-XII**. The participants have to register on their own on **DIKSHA portal** for the Quiz competition. The Quiz will be open for one month, starting on **21<sup>st</sup> June 2020** and will close on **20<sup>th</sup> July, midnight 2020**.

Parents can also share pictures and short videos of the students after the sessions to the respective class teachers to make the event a success.

You can find the details of the yoga session & the online yoga Quiz competition through the following links:

**[http://cbseacademic.nic.in/web\\_material/Notifications/2020/61\\_Notification\\_2020.pdf](http://cbseacademic.nic.in/web_material/Notifications/2020/61_Notification_2020.pdf)**

**[www.ncert.nic.in](http://www.ncert.nic.in)**

**Let's get fitter, healthier and happier.**

Ms. Meneka I. Singh  
HoS