



SCHOLAR'S HIGH

STD- 1 to 8

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DATE:- 17-06-2021

**SUBJECT:- International Yoga
Week**

**NOTICE NO :-
SH/CIR/EPR/21-22/11**

Dear Students,
Class 5 to 8

During this ongoing coronavirus pandemic, when we are all bound to live a restricted life under the constant fear of infection risks, it is natural for anyone to develop anxiety. The continuous flow of negative news, the inadequacy of daily resources, everything is adding to this growing anxiety and depression. Being confined at home for such long periods of time, can be mentally challenging for us. To live through this lockdown & pandemic period, yoga is the best thing to adopt as a lifestyle habit. It helps us build a strong physical, mental and spiritual health system.

It's the time of year when we refresh our memory about the benefits of yoga in our everyday lives,

YOG APNAAO, LIFE BEHTAR BANAO.

(21ST June – 25th June)

We will have a Daily Online Yoga Session at **8am from 21 June 2021 to 25 June 2021.**

Few yoga poses will be introduced on a daily basis. **Attendance is mandatory for all.**

A few beneficial practices will be discussed as per the schedule .

21 June- Pranayam / breathing

22 June- Dhyam /meditation

23 June- Jap / Chanting

24 June- Kriya (tratak /eyes)

25 June- Kriya (Jal niti stomach and nostrils)

It will be followed by an **Online Yoga Competition** on **26 June 2021.**

Rules of the yoga competition are as follows:

- 1) You have to make a simple video (without editing or cuts) where only the child is performing a minimum of 10 **Unique** yoga poses continuously without cuts.
- 2) The face and the yoga postures need to be clearly visible and complete.
- 3) The name of the yoga poses need to be told before performance of each pose.
- 4) The videos shall be judged by unbiased yoga teachers and winners will be announced. The marks will be awarded on the basis of -

Agility, Uniqueness, and Explanation & Benefits.

5) Only the **deserving** candidates shall be the winners. Winners will get Online certificates for the same .

6) Certificates of participation shall also be provided online. Please ensure to submit the entries on the date allotted. Late submissions will not be judged.

REGARDS
SCHOLAR'S HIGH

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