



Sanskriti School
Dr S Radhakrishnan Marg
Chanakyapuri ,New Delhi-21

Dear Students and Parents,

As you are aware, the International Day of Yoga (IDY) is scheduled on 21st June 2020. In the wake of COVID-19 pandemic, this year it will be observed virtually.

School invites all of you to participate in ONLINE CELEBRATIONS





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Following online events are being organized by Govt of India to celebrate the IDY 2020:

I. ONLINE QUIZ COMPETITION ON YOGA

1. NCERT is organizing an **Online National Quiz Competition on Yoga** on the theme '**Yoga for Health and Harmony**'. 2. The Quiz will be open for one month, starting from **21st June 2020 and will close on 20th July midnight, 2020**. This online quiz competition will provide flexibility to students to respond at their own convenience however within a given period of time. 3. Students of classes VI to XII are eligible to participate in this online quiz competition. 4. The Quiz will be based on the syllabus of NCERT developed for yoga for upper primary and secondary stages.

The complete guidelines about the Quiz are enclosed for ready reference in the Google Classroom of students.

II. 'MY LIFE MY YOGA' VIDEO BLOGGING COMPETITION

1. An online competition for posting 3 minutes videos on yoga poses is being organized on My Gov. platform by the Ministry of AYUSH. The last date for submission of entries is 11.50 PM IST on June 21,2020.

The complete guidelines for this competition are also enclosed in the Google Classroom.

Kindly check your GCR for further details.