



**DELHI INTERNATIONAL SCHOOL**  
**CIRCULAR**

**Subject: Observing International Day of Yoga (IDY) on 21.06.2020**

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. Following online event is being organized to celebrate the IDY 2020:

**'MY LIFE MY YOGA' VIDEO BLOGGING COMPETITION**

An online competition for posting 3 minutes videos on yoga poses is being organized on My Gov. platform by Ministry of AYUSH. The last date for submission of entries is 5:00 PM on June 19, 2020. Students from classes Nur-XII are eligible for it. Send your entries on –

Class Nur-II – [nisha.yadav@dis.ac.in](mailto:nisha.yadav@dis.ac.in)

Class III-V – [ankita.paliwal@dis.ac.in](mailto:ankita.paliwal@dis.ac.in)

Class VI-VIII - [pragya@dis.ac.in](mailto:pragya@dis.ac.in)

Class IX-XII – [manju.rohella@dis.ac.in](mailto:manju.rohella@dis.ac.in)

**Guidelines on video content**

1. Participants shall not disclose their personal identity within the video created (name, caste, country etc..)
2. Video should be made in landscape orientation
3. Video should be made on yogic practices for not more than 3 minutes
4. The participants may judiciously include within 3 minutes duration the video of 3 yogic practices (Kriya, asana, pranayam, bandha or mudra) and a short video message/ description on how the said yogic practices influenced his/her life.
5. The dress worn should be comfortable and loose. Any plain t-shirt with black or blue lower will be preferably good.
6. The background should be clean and tidy.
7. Using yoga mat is compulsory.

***To know more about it, interested students may join an online session by our yoga instructor, Ms. Pragya to be held today; 18<sup>th</sup> June 2020 from 3:00 pm to 3:30 pm.***

Join Zoom Meeting

<https://zoom.us/j/98452986154?pwd=RTMvNHlnMWFLVzJ5OHYzV1JhbFRiUT09>

Meeting ID: 984 5298 6154

Password: 8n3aKa

Best of Luck!

Team DIS