

DAV CENTENARY PUBLIC SCHOOL, HARDWAR(UK)
CELEBRATION OF INTERNATIONAL YOGA DAY 21st JUNE 2020

Fit India Mission is conducting a campaign for the overall physical, emotional and mental well-being of school students, esp. during the lockdown period. As a part of its continued efforts, the Fit India Mission is organizing a special live session at 5.00 pm on 21st June 2020 to celebrate the International Yoga Day.

Ms. Shilpa Shetty, renowned fitness icon and experienced yoga practitioner, will be conducting the live session on Fit India You Tube Channel. Hon'ble Minister of Youth Affairs and Sports and two sports icons are also likely to join the live session.

The session is being specially designed keeping in mind the guidelines of the Ministry of Ayush about YOGA@HOME and to engage children meaningfully through fun and educational elements of yoga.

Schools are requested to share the above information with the students so that they along with their families can benefit from the programme.

The Ministry of Ayush has started a campaign called 'Yoga at Home, Yoga with Family', to encourage the practice of Yoga with family members to counter the effects of the viral infection, while practicing all precautionary measures to slow down the spread of COVID-19. To observe the International day of Yoga on 21st June 2020, the Ministry will be organizing a trainer led Yoga session which will be broadcast on television at 7 AM on 21st June 2020 for people to follow and practice in solidarity.

Schools are encouraged to share (through social media or other channels) the above information with the students, teachers and other stakeholders for raising awareness and driving participation. You are also requested to send the report of participation of students and their families and other stakeholders who practiced Yoga at 7 am on 21st June 2020 in the participation form available at the link:

[Http://forms.gle/Kj7oAjbejSasvDPLA](http://forms.gle/Kj7oAjbejSasvDPLA)

Thanks & Regards,
CBSE, Academic Unit