



# المدرسة الهندية - دارسيت INDIAN SCHOOL DARSAIT

A NABET Accredited School Affiliated to CBSE vide Affiliation No. 6130012

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ISD/ACAD/CIR/024/2019

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## CIRCULAR (Classes KG I to XII)

Dear Parents,

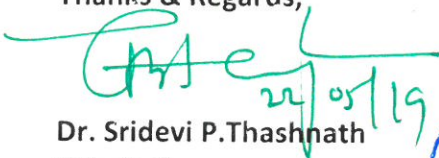
Greetings!

Embassy of India, Muscat, will be celebrating the 5<sup>th</sup> International Day of Yoga on 21 June 2019, which will include a Mega Yoga Session, based on a common yoga protocol, comprising simple and easy Yoga postures which can be easily performed even by persons not familiar with Yoga. The Embassy is pleased to invite all Yoga enthusiasts and practitioners in Oman, along with members of their families (children above the age of 11) to participate in the grand Yoga Session, which will be held at Oman Convention and Exhibition Centre from 7:00 pm. The doors will be open at 6:00 pm and the participants are requested to be seated by 6:45 pm.

Yoga T-shirts and Yoga mats will be distributed free of cost to all the participants at the venue. Ladies and children can also choose to do Yoga in separate section meant for ladies and children.

Those who wish to participate in the Yoga Day Celebrations are requested to register online <https://forms.gle/amoW6PzLqUgtY6J2A> or contact the Embassy at Tele: 24684517 or email: [indembassy.muscat@mea.gov.in](mailto:indembassy.muscat@mea.gov.in).

Thanks & Regards,



Dr. Sridevi P. Thashnath  
Principal

