



# المدرسة الهندية - دارسيت INDIAN SCHOOL DARSAIT

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

ص.ب: ١٥٥١، الرمز البريدي: ١١٤، جبروه، سلطنة عمان، هاتف: ٢٤٧٨٦٦٩٢، فاكس: ٢٤٧٨٣٩٩٥، +٩٦٨ ٢٤٧٠١١٥٨

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ISD/ACAD/CIR/011/2021

05/06/2021

## CIRCULAR (Classes III to XII)

Dear Parent,

Greetings of the day!

This is to inform you that on the occasion of 7<sup>th</sup> International Day of Yoga, Embassy of India Muscat in cooperation with Board of Directors, Indian Schools in Oman is organizing a Yoga Demonstration Contest for students of Indian schools in Oman, as per the details below.

### Details of the Contest

1	Name of the Event	<b>Be with Yoga: Be at Home</b>
2	Category of Students for Participation	<b>I - Class 3 to 7 II - Class 8 to 12</b>
3	Yoga Demonstration	Yoga Postures along with a short description [Kriya, Asana, Pranayama, Bandha or Mudra]
4	Day and Date of Competition	Tuesday, 08 June 2021
5	Time	3:00 p.m. – 6:00 p.m.
6	Venue	Google Meet
7	Costume	Track suit or similar comfortable costume
7	Prizes (for each category)	1. First Prize - OMR 150 2. Second Prize - OMR 100 3. Third Prize - OMR 50  Certificates for top two entries in each category from each school (as identified by school)

Interested students are requested to participate in the Yoga demonstration contest. The Best Yoga demonstration by the top two entries in each category will be shortlisted and their two minute video of yoga demonstration will be sent to the BoD office.

Winners in each category (among all Indian Schools) will be awarded cash prizes along with certificates by the Embassy as per above details.

School-wise best entries shall also be recognized and awarded certificates by the Embassy.

Kindly encourage your ward to participate in the contest and register latest by **Sunday, 6 June 2021** through the google link sent along with the circular.

With best wishes

Amar Srivastava  
Principal

