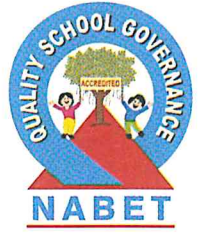


# المدرسة الهندية - دارسيت INDIAN SCHOOL DARSAIT

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

ص.ب: ١٥٥١ ، الرمز البريدي: ١١٤ ، جبروه ، سلطنة عمان ، هاتف: ٢٤٧٨٦٦٩٢ ، ٢٤٧٨٣٩٩٥ ، فاكس: +٩٦٨ ٢٤٧٠١١٥٨  
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ISD/ACAD/CIR/016/2021

01/07/2021

## CIRCULAR (KG I to XII)

Dear Parents and Students,

Greetings of the day!

Yoga is a powerful tool to maintain physical and mental well-being and to improve overall health. It contributes to enhancing the immune system since it is a combination of physical exercise, controlled breathing and mental concentration.

Keeping in view the health benefits of Yoga, the school is organizing Virtual Yoga Sessions for students and parents from 1<sup>st</sup> July 2021. The sessions will be conducted by our teachers of the Physical Education department.

Kindly note the following details:

- Classes will be held thrice a week on all Sundays, Tuesdays, and Thursdays from 5:00 p.m. to 5:30 p.m.
- Participants must wear comfortable costume preferably track suit.
- Participants must use yoga mat.
- Kindly join the class 5 minutes before the session.
- The google meet link for the sessions is given below:  
<https://meet.google.com/hfe-fwmz-enz>

You are cordially invited to participate in the Virtual Yoga Sessions and get benefitted.

Warm regards

Amar Srivastava  
Principal

