



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: ٢٤٧٨٦٦٩٣ ، ٢٤٧٨٣٩٩٥ ، فاكس: ٢٤٧٠١١٥٨ ، +٩٦٨
P.O. Box 1551, P.C. 114, Jibroo, Sultanate of Oman, Tel.: +968 24786693, 24783995, Fax : +968 24701158
E-mail : office@isdoman.com, Web. : www.isdoman.com



ISD/ACAD/CIR/012/2021

05/06/2021

CIRCULAR

Dear Parents & Students

Greetings of the day!

The 7th International Day of Yoga (IDY) will be celebrated on 21st June 2021. It has been tried and tested that practicing Yoga helps in the development of stronger physical and mental well-being. The simple Yoga Kriyas help in regaining the sense of control and enables mind and body provide tools for better management of anxiety due to situation beyond control. Due to the pandemic situation, our school will be organizing the IDY 2021 virtually on 21 June 2021 for students.

The school is organizing a fifteen -day Online Yoga Training Programme for Parents and Students by Dr. Kiruba Jebaseeli Azariah (PE Teacher) in compliance with CBSE and Ministry of Ayush protocols for the promotion of health and well-being.

Kindly note the following details:

Registration: Registration for the training programme is free. Last date of registration is 06.06.2021.

Email: Kindly use school mail ID to fill the registration form. (Parents may use their ward's school mail ID).

Duration of the Event: Monday, 07.06.2021 to Monday, 21.06.2021

Time: 5.00 p.m. to 6.00 p.m.

Costume: Track suit or any similar comfortable costume

Venue: Google Meet. Meeting link will be sent through registered school mail ID.

E certificate: All participants will receive an e-certificate.

Registration link will be sent along with this circular.

You are cordially invited to participate in this Online Yoga Training Programme and get benefitted.

With best wishes

Amar Srivastava
Principal

