



HIM INTERNATIONAL SCHOOL

An Initiative of Wahge Educational Trust

SENIOR SECONDARY, AFFILIATED TO CBSE, AFF. NO. 2230094



INTERNATIONAL YOGA DAY 21st June 2021

Yoga education helps in self-discipline and self-control, leading to immense amount of awareness, concentration and higher level of consciousness.

Virtual activities for International Yoga Day Celebration 2021

HIMIS would unfold a variety of programmes and activities for **Virtual activities for International Yoga Day Celebration** from 14th June onward. The following activities have been planned to be conducted during the third week of June, on the scheduled dates as mentioned below.

Aims and objectives

- To enable the student to have good health.
- To practice mental hygiene.
- To possess emotional stability.
- To integrate moral values.
- To attain higher level of consciousness.

Date	Activities
14 th June 2021	Surya namaskar . Standing position asanas – tadasana and vrikshasana
15 th June 2021	Surya namaskar . Seating position asanas – paschimottasana and vajrasana
16 th June 2021	Surya namaskar . Prone position asanas – bhujangasana and dhanurasana.
17 th June 2021	Surya namaskar. Supine position asanas - naukasana and halasana.
18 th June 2021	Surya namaskar and asanas of all four positions.
21 st June 2021	INTERNATIONAL YOGA DAY CELEBRATION

Note- Timing – 8.00 am to 8.40 am.

Parents are also requested to attend Virtual Yoga Classes.

Zoom meeting ID – 2071401386

Passcode- 1234

Principal



RECOGNISED BY DEPT. OF EDUCATION GOVT. OF ARUNACHAL PRADESH, U. NO. 05

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