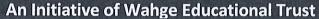


## **HIM INTERNATIONAL SCHOOL**





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 14<sup>th</sup> 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.

Activities
Surya namaskar .
Standing position asanas – tadasana and vrikshasana
Surya namaskar .
Seating position asanas – paschimottasana and vajrasana
Surya namaskar .
Prone position asanas – bhujangasana and dhanurasana.
Surya namaskar.
Supine position asanas - naukasana and halasana.
Surya namaskar and asanas of all four positions.
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

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

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