

ASN Senior Secondary School
Mayur Vihar-I, Delhi

Circular No. ASNSR/2022/31.

Date : 10.05.2022

Dear Parent

The educational philosophy of our school is based on **‘Modern Concepts with Indian Culture’**, promoting an integrated value based approach and fostering cultural awareness in learners. We firmly believe that the children from the beginning years must develop a strong sense and knowledge of their own cultural history, arts, language and traditions to build a positive cultural identity and self-esteem.

Yoga has been a part of our Indian tradition since time immemorial. In fact, Yoga is India’s gift to the world for health, wellness, and peace. Owing to the untiring efforts of our honourable Prime Minister Shri Narendra Modi, today, it has attained global recognition and The United Nations has proclaimed 21st June as the International Day of Yoga (IDY).

Written in Bhagavad Gita are the beautiful words- **“Yoga is the journey of the self, through the self, to the self”**. To imbibe the very essence of these words, we at ASN constantly engage our learners in enriching activities sensitising them about the importance of Yoga, how it strengthens our body and keeps our mind at peace.

On the occasion of the upcoming 8th International Day of Yoga on 21st June 2022, we would be organising and participating in a plethora of collaborative activities to emphasize on healthy life style- a healthy mind in a healthy body.

The multifarious activities to be undertaken are as follows:

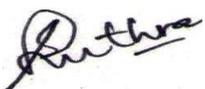
- Awareness Rally (Yog se Nirog)
- Talk on Yoga by eminent Yoga teachers /Gurus
- Visit to old age home or an orphanage to organise Yoga session
- Nukkad Natak on Yoga
- Songs based on the theme ‘Azadi ka Amrut Mahotsav’
- Yoga and meditation sessions for school, staff, students, parents and the community
- Mass yoga at some nearby historic monument/iconic site
- Performing skit on Yoga and uploading on Youtube/Facebook
- Clay moulding-Favourite Yoga pose
- Wall painting depicting various yoga postures
- ‘Paper bags Making’ on the theme ‘Yoga’
- Yoga logo making
- Workshop for mothers to make Yoga a daily life style
- Display of different poses of Yoga through Fit India Yoga mobile app
- 21 days Yoga challenge

The details of the planned activities will be shared with you subsequently.

Let us together cultivate cultural awareness in our young learners and appreciate the invaluable gift of harmony, wellbeing and unity of thought and action through Yoga.

Looking forward to your whole-hearted co-operation and participation.

Best Wishes!



Swarnima Luthra
Principal