



INDIAN SCHOOL SOHAR
Sultanate of Oman



8TH INTERNATIONAL DAY OF YOGA
YOGA AND MEDITATION SESSION

29th May 2022

Dear Parents,

The Physical Education Department of Indian School Sohar is organizing Yoga and meditation session as a part of the 8th International Day of Yoga Celebrations. Children get a chance to know how Yoga embodies unity of mind and body. Yoga promotes harmony among people, and the natural world. Yoga is a mental, physical and spiritual practice that needs to be carried out every day.

Date: Sunday, 5th June, 2022

Time: 08:00 a.m. to 08:30 a.m.

Place: Basketball Court

Class: VI to IX

Please note:

- 1) Interested students can give names to their respective class teacher on or before 31st May 2022.
- 2) Dress code for the participants - white t-shirt & black track pant.
- 3) The participants must compulsorily bring yoga mat.
- 4) Participation certificates will be issued to all the participants.
- 5) Ten best participants will be awarded with a trophy.

❖ In case of any queries, kindly contact Mr. Gagandeep Singh, teacher In-charge during the recess.

Looking forward to an Insightful Yoga experience with you all...

Stay Safe! Stay Healthy! Stay Fit!

Sanchita Verma
Principal

Kamal Prasad Gurung
HOD (Physical Education)