



YARA

INTERNATIONAL SCHOOL - RIYADH - KSA

CBSE Affiliation No : 5730018

MOE License No : 520-3890 ; 520-3728



AN INSTITUTION ACCREDITED BY THE QUALITY COUNCIL OF INDIA - NABET

Date: 19th June 2025

Circular No: 035/YIS/AS/25-26/035

Dear Parents,

SUB: Celebration of International Day of Yoga

We are pleased to inform you that 21st of June has been declared as the '**International Day of Yoga**' (IDY) by the United Nations. There have been worldwide celebrations during the previous years which has effectively facilitated the global dissemination of the significance of Yoga for overall health and well-being and enduring sustainable lifestyle.

In regard to the above, we encourage our students to actively participate in the '**International Day of Yoga**' competitions organized by the Ministry of Ayush on the **MyGov platform**. The details are as follows:

IDY Competitions : Participate here - <https://www.mygov.in>

Yoga Quiz: Participate here - <https://quiz.mygov.in/quiz/international-day-of-yoga-2025-quiz/>

Please ensure that registration is mandatory on MyGov.in before participating in the Quiz and Competitions.

At the school level, YIS will be conducting various activities to celebrate IDY which includes:

- Mass Yoga Demonstration
- Yoga Workshops

The Ministry of Ayush has launched the **Namaste Yoga App**, a one-stop health solution that offers yoga-related information, virtual classes, events, and also tracks your physical activity such as step count and calories burnt. You can download it here: https://play.google.com/store/apps/details?id=yogatracker.np.com.yogatracker&hl=en_IN

Additionally, 'Common Yoga Protocol' videos are available in 22 Indian languages, which you can view here: <https://youtube.com/playlist?list=PLxZ05kgQiFwf6JbbEvThly9AcZ0xrfxvk&si= xy A9uOqJLRKm5i>

We aim to encourage our students and staff to practice and adopt Yoga as part of their daily routine and we look forward to your enthusiastic participation in making this event a success.

Warm Regards

Mrs. Aasima Saleem
Principal



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