



MOUNT LITERA ZEE SCHOOL, CHANDRAPUR

International Day of Yoga (IDY) 2025

Date: 18/06/2025

MLZSC/25-26/CIR/004

Grade Nursery-X

Dear Student/Parent,

The United Nations has declared **21st June** as the *International Day of Yoga (IDY)*. Yoga is now globally recognized as a powerful practice for improving overall health, well-being, and promoting a sustainable lifestyle.

To celebrate this day, we encourage you to join your ward in practicing **Pranayama** (mindful breathing) and simple, age-appropriate **Yogasanas** on **Saturday, June 21st**. This is a wonderful opportunity to instill the values of healthy living together as a family.

To assist you, the **Common Yoga Protocol** videos are available in 22 Indian languages at the following link:

https://youtube.com/playlist?list=PLxZ05kgQiFwf6JbbEvThly9AcZ0xrfxvk&si=_xy_A9uOqJLRKm5i

Don't forget to share pictures of your yoga moments with the respective grade educators by **12 noon** on the same day.

Additionally, the **Ministry of Ayush (MoA)** in collaboration with **MyGov** is organizing an online **Yoga Quiz**. All participants will receive a certificate from MoA. <https://quiz.mygov.in/quiz/international-day-of-yoga-2025-quiz/>

We also recommend exploring the **Namaste Yoga App**, a one-stop health solution that offers yoga-related resources, event details, class information, and even tracks physical activity such as steps and calories burnt.

https://play.google.com/store/apps/details?id=yogatracker.np.com.yogatracker&hl=en_IN

Let's come together to make the celebration of the International Day of Yoga a resounding success.

Namaste!

Warm regards,


Peter Pereira
Principal

