

MOUNT LITERA ZEE SCHOOL JOKA

Session : 2020-2021

Circular: JOKA/Acad/20/022

20 June, 2020

Dear Parents,

Greetings from MLZS, Joka !

The current situation of COVID-19 pandemic along with the restriction of movement is taking a toll on the physical and mental health of all. Given the current context the benefits of Yoga in improving mental and physical health is undeniable. 21st June 2020 marks the International Yoga Day. Mount Litera Zee School, Joka has always observed this day with great enthusiasm to acknowledge the positive impact of practising Yoga on general health and its role in immunity enhancement.

This year too, MLZS, Joka focuses on the need of the hour: physical and mental well being of the community. To make the observation of International Yoga Day possible at home the school urges all its students to be a part of the campaign initiated by Ministry of Ayush called **“Yoga at home, Yoga with family”**.

To observe the International Yoga Day the ministry will organize a trainer lead Yoga session which will be broadcast on the television channel called “Doordarshan” at **7am on 21st June, 2020**. The campaign encourages practise of Yoga in solidarity with family members. ‘Fitness is beyond the boundaries of age’: so the school **urges all parents to be a part of this session too**.

Students are encouraged to take part actively and send pictures of the same or record a small **video clip of 20-30 seconds** while they are engaged in the practise of Yoga either themselves or with their family members. Students need to upload the same pictures or video clip in the **“Notice Board”** group in the application **“MS Teams”** by 12 o’clock the same day.

Modern life is busy and stressful. To highlight the importance of Yoga as a stress buster Fit India Mission too is conducting a campaign for the overall physical, emotional and mental well being of school students especially during the lockdown.

Fit India Mission is organizing a special live session at **5pm on 21st June 2020** to observe International Yoga day. The renowned fitness icon and Yoga practitioner Ms. Shilpa Shetty will be conducting the live session on **Fit India YouTube Channel**. This specially designed

programme has been carefully designed for the children so that they have a fun, engaging and enriching Yoga practise experience.

Students can refer to the attached link for the live session to be held on 21st June at 5pm:

[Live Session Fit India Mission](#)

MLZS, Joka looks forward to a wholehearted participation of students and parents alike to benefit from the session and learn about the educational elements of Yoga.

Regards,

MLZS, JOKA.