

# SADHU VASWANI INTERNATIONAL SCHOOL FOR GIRLS

2<sup>ND</sup> STREET, SHANTI NIKETAN

NEW DELHI

Program- Celebrating IDY 2021(International Day of Yoga)

S.NO	DATE AND DAY	CLASS	TIMING	ACTIVITY
1.	14 <sup>TH</sup> JUNE'21/ MONDAY	PRE SCHOOL PARENTS AND STUDENTS	8.00 AM- 8.45 AM	COMMON YOGA PROTOCOL-STANDING ASANAS - MS Jyoti Sethi (Yoga Teacher)
2.	14 <sup>TH</sup> JUNE'21/ MONDAY	PRE-PRIMARY PARENTS AND STUDENTS	4.45 PM – 5.30 PM	COMMON YOGA PROTOCOL- STANDING ASANAS - MS Jyoti Sethi (Yoga Teacher)
3.	15 <sup>TH</sup> JUNE'21/ TUESDAY	CLASS I PARENTS AND STUDENTS	8.00 AM- 8.45 AM	COMMON YOGA PROTOCOL- SITTING ASANAS -MS Jyoti Sethi (Yoga Teacher)
4.	15 <sup>TH</sup> JUNE'21/ TUESDAY	CLASS II PARENTS AND STUDENTS	4.45 PM – 5.30 PM	COMMON YOGA PROTOCOL- SITTING ASANAS -MS Jyoti Sethi (Yoga Teacher)
5.	16 <sup>TH</sup> JUNE'21/ WEDNESDAY	CLASS III PARENTS AND STUDENTS	8.00 AM- 8.45 AM	COMMON YOGA PROTOCOL-BACKWARD BENDING ASANAS - MS Jyoti Sethi (Yoga Teacher)
6.	17 <sup>TH</sup> JUNE'21/ THURSDAY	CLASS IV PARENTS AND STUDENTS	8.00 AM- 8.45 AM	COMMON YOGA PROTOCOL-PRONE POSTURES -MS Jyoti Sethi (Yoga Teacher)
7.	18 <sup>TH</sup> JUNE'21/ FRIDAY	CLASS V PARENTS AND STUDENTS	8.00 AM- 8.45 AM	COMMON YOGA PROTOCOL-SUPINE POSTURES -MS Jyoti Sethi (Yoga Teacher)
8.	18 <sup>TH</sup> JUNE'21/ FRIDAY	MIDDLE S AND SENIOR SCHOOL STUDENTS	815 AM- 8.45 AM	QUIZ – Link will be shared to CTs
8.	19 <sup>TH</sup> JUNE' 21 SATURDAY	MIDDLE SCHOOL PARENTS AND STUDENTS	7.30 AM – 8.15 AM	STRESS MANAGEMENT BY MS. OSHIN (HEALTH AND WELLNESS COACH)
9.	19 <sup>TH</sup> JUNE'21 SATURDAY	SENIOR SCHOOL PARENTS AND STUDENTS	8.15 AM -9.00 AM	IMMUNITY BUILDING AND POST COVID RECOVERY BY MS. OSHIN (HEALTH AND WELLNESS COACH)
10	20 <sup>TH</sup> JUNE'21 SUNDAY	SCHOOL TEACHERS AND OTHER STAFF MEMBERS	8.15 AM- 9.00 AM	POST COVID RECOVERY AND STRESS MANAGEMENT BY MS. OSHIN (HEALTH AND WELLNESS COACH)
11.	21 <sup>ST</sup> JUNE'21 MONDAY	STUDENTS, PARENTS AND TEACHERS	7.00 AM	LINK WILL BE SHARED -FOR " <b>Feel the Power of Yoga with Family</b> "