

SADHU VASWANI INTERNATIONAL SCHOOL FOR GIRLS

NEW DELHI

Observing the 7th International Day of Yoga (IDY-2021)

To Celebrate the 7th IDY, the School had organised week-long online events for Parents, Teachers and Students. Under the able guidance and support of the school Principal Ms. Santosh Vyas, we were able to conduct the programs as per schedule in the Virtual mode. The sessions were conducted by Ms. Jyoti Sethi (Yoga teacher) and Ms. Oshin Satija (HEALTH AND WELLNESS COACH) – Alumni of SVISG)

Common Yoga Protocols, Yoga Quiz, Immunity Building techniques and stress Management Techniques were the highlights of the program. The participants had actively participated in the celebrations and shared Pictures of their performance. A video Link of each days event according to the schedule has been uploaded on the School Website.

Program- Celebrating IDY 2021(International Day of Yoga)

S.NO	DATE AND DAY	CLASS	TIMING	ACTIVITY
1.	14 TH 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 TH 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 TH 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 TH 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 TH 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 TH 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 TH 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 TH JUNE'21/ FRIDAY	MIDDLE S AND SENIOR SCHOOL STUDENTS	8.15 AM- 8.45 AM	QUIZ – Link will be shared to CTs
8.	19 TH 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 TH 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 TH 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 ST JUNE'21 MONDAY	STUDENTS, PARENTS AND TEACHERS	7.00 AM	LINK WILL BE SHARED -FOR " Feel the Power of Yoga with Family "

The link to view the final day (21/6/2021) celebrations:

<https://drive.google.com/file/d/16xfgfoL9xicwL1KIi5NselkEia63bZ6J/view?usp=sharing>