



## INTERNATIONAL INDIAN SCHOOL BURAIDAH

Ref: CIR 16/IISB/ PAR/ 2025-26

19 June 2025

### Subject: International Yoga Day

Dear Parents,  
Greetings from IIS Buraidah!

Please find the excerpts of circular from CBSE...

United Nations has declared 21<sup>st</sup> June as 'International Day of Yoga' (IDY). There have been worldwide celebrations during the previous years. This has effectively facilitated the global dissemination of the significance of Yoga for overall health and well-being and enduring sustainable lifestyle.

Ministry of Ayush, Government of India has developed a portal with all details, digital assets and latest information about IDY activities: <https://yoga.ayush.gov.in/yoga-sangam>

'Common Yoga Protocol' videos are available in 22 Indian languages at the following link:  
[https://youtube.com/playlist?list=PLxZ05kgQiFwf6JbbEvThly9AcZ0xrfxvk&si=xy\\_A9uOqJLRKm5i](https://youtube.com/playlist?list=PLxZ05kgQiFwf6JbbEvThly9AcZ0xrfxvk&si=xy_A9uOqJLRKm5i)

In view of above, your school has organized:

1. Yoga Workshops and Seminars for students & teachers and encourage them to practice and adopt Yoga.
2. Mass Yoga demonstration may be arranged on the International Day of Yoga.
3. Quiz and Essay Writing Competitions on Yoga-theme will be conducted online to create interest among the students.
4. We encourage students and staff to participate in various **IDY competitions organized by Ministry of Ayush on MyGov platform** (<https://www.mygov.in/>), i.e. E-Poster Competition on the Occasion of IDY 2025, Essay Contest on International Day of Yoga 2025, Yog Geet/ Jingle Contest 2025 etc.
5. Students are encouraged to write articles related to Yoga Day and the selected ones will be published in School's e-newsletter, bulletin, magazine etc.
6. **Yoga Quiz:** A Yoga Quiz is being organized by the Ministry of Ayush (MoA), in collaboration with the MyGov on platform (<https://quiz.mygov.in/quiz/international-day-of-yoga-2025-quiz/>).
7. **Namaste Yoga App:** This App a one stop health solution that enables people to access yoga related information, yoga events and yoga classes at their fingertips. The app also provides information on one's physical activity in terms step count and calories burnt. The link for the app is as follows: [https://play.google.com/store/apps/details?id=yogatracker.np.com.yogatracker&hl=en\\_IN](https://play.google.com/store/apps/details?id=yogatracker.np.com.yogatracker&hl=en_IN)

A brief report of activities (including 2-3 photographs) will be uploaded by the schools at:  
<https://forms.gle/vCT6tWpcZEoTEqEQ8>

We encourage the students and all stakeholders to participate in these activities so as to make celebration of International Day of Yoga a grand success.

With Best Wishes!

Principal

