

VELS VIDYASHRAM

VVD/11

CIRCULAR

DATE : 20.06.20

Dear Parents,

Greetings from Vels Vidyashram!

This is to inform you that The Ministry of Ayush has started a campaign called 'Yoga at Home, Yoga with Family', to encourage the practice of Yoga with family members to counter the effects of the viral infection of COVID-19. To observe the International day of Yoga on 21st June 2020, the Ministry will be organizing a trainer led Yoga session which will be broadcast on television at 7 AM on 21st June 2020 for people to follow and practice in solidarity.

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PRINCIPAL