

Circular

Date: 20.06.2020

Dear Parents

Greetings from Sarvottam!

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, while practicing all precautionary measures to slow down the spread 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.

Let's join hands to make this a great success.



Regards
Team Sarvottam