

MOUNT CARMEL SCHOOL,
SECTOR 47-B, CHANDIGARH

NOTICE

Dated: 19-06-2021

Dear Parents/Guardian,

Greetings from Mount Carmel School, Chandigarh!

Reg.: Observing the 7th International Day of Yoga on 21st June, 2021 on Digital Mode.

The Department of AYUSH, Chandigarh Administration in collaboration with Govt. College of Yoga Education & Health, Sector 23, Chandigarh is organizing 7th International Day of Yoga on 21st June, 2021 on the theme “Be with Yoga, Be at Home”. **This year the events will be held through digital mode.** The objective of observing this day is to generate interest in Yoga among masses not just for this day but also to inspire them to make Yoga part of their lifestyle. It is a proven fact that Yoga is an indispensable skill in achieving holistic health and more relevant in this pandemic situation.

College You tube Channel <http://www.youtube.com/c/GCYEH> and facebook page <http://m.facebook.com/gceyh> will be hosting the programme from 6:30 a.m. onwards. The College You tube Channel and Face book page is also hosting the online preparatory camp everyday from 7:00 a.m. to 7:45 a.m. & 6:00 p.m. to 6:45 p.m.

We therefore request you to encourage your wards along with your family members to participate in the event on 21st June, 2021 from 6:00 a.m. onwards.

Sd/-

Dr. Parveena John Singh
Principal