

Dear Parent,

“Yoga is essentially a practice for your soul, working through the medium of your body.”

“It is nice to have valid competition; it pushes you to do better.”

Greetings from Ryan International Academy, Bavdhan!

To build a healthy spirit amongst the student’s various competitions across all grades have been arranged on Friday i.e. 17th of June 2022 during school hours.

Kindly note the competition and list of things to be prepared for the same.

Mont 1	Colouring of Yoga Logo	The picture will be provided and students will be asked to colour the picture.
Mont 2		
Mont 3		
Grade 1 & Grade 2	Clay Moulding	Children should mould the clay into different asanas.
Grade 3	Slogan Making	Students should compose a Slogan
Grade 4 & 5	Quiz	
Grade 6	Essay competition	Topic-“Benefits of Yoga”.
Grade 7 & 8	Debate	“Yoga is a mix of Fitness and Religious Practice”.

Thanking you,
Warm Regards.



Ms. Mrudula Gaikwad
Principal,
Ryan International Academy, Bavdhan.