

2<sup>nd</sup> June 2021

Dear Students,

Greetings from EPS!

The present situation has made us realise the importance of being healthy, both physically and mentally. Being **healthy should** become **a part of** our **overall** lifestyle. Yoga and Meditation help our body and soul in many ways. Yoga is a way of living, that aims at "healthy mind and healthy body". International Day of Yoga is celebrated globally on 21<sup>st</sup> June. This year's Yoga Day Celebrations, most likely, would happen at home, with the family members. The theme of this year's International Yoga Day is "Yoga at Home and Yoga with family".

To encourage our students, include yoga into their daily routine, EPS is organising a 'Yoga Competition' for our students. The details of the competition are as given below.

- Each participant is expected to make a video of her/him practising various yoga asanas.
- The maximum duration of the video should be **TWO minutes** which should include three asanas prescribed for each category as mentioned below, and one asana of the student's choice.
- Each entry will be evaluated on the basis of vinyasa (pattern), final posture, grace, and presentation.
- The video/link needs to be shared with Ms. Hema A L (Yoga and Wellness Trainer - [hema.aleps@excelindia.com](mailto:hema.aleps@excelindia.com)).
- Prizes will be awarded to THREE best participants under each category and all the participants shall receive the participation certificate.

**Categories:**

Cat. 1	-	Class 1 to Class 4
Cat. 2	-	Class 5 to Class 8
Cat. 3	-	Class 9 to Class 12

Last date to submit the entries : **15<sup>th</sup> June 2021.**  
Announcement of Winners : **21<sup>st</sup> June 2021**  
(Result will be published on the website)

I wish all the EPS students participate in this event, and, thereby, popularize Yoga, one of India's biggest contributions to world's well-being.

Stay safe and healthy,

Yours,



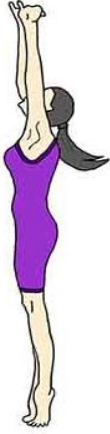
Mathew K G  
Principal





**EXCEL**  
public school

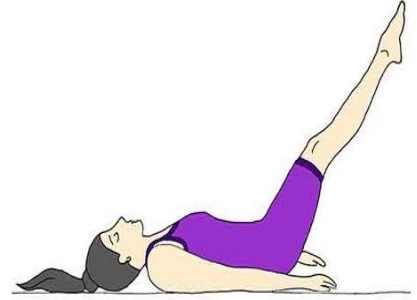
**Category 1:**



**TADASANA**



**PADAHASTASANA**



**UTTANAPADASANA**

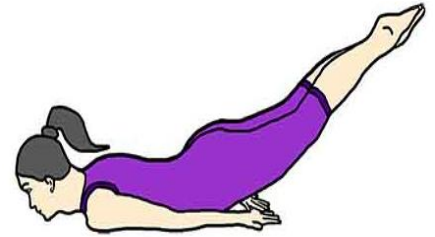
**Category 2:**



**VRIKSHASANA**



**USHTRASANA**



**SHALABHASANA**

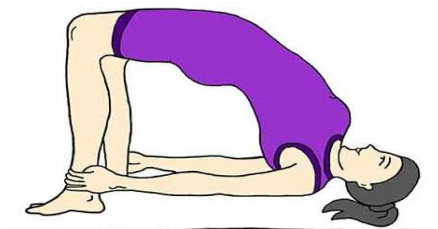
**Category 3:**



**VAKRASANA**



**BHUJANGASANA**



**SETUBANDHASANA**