

International Indian School Buraidah

P.O.Box : 4260, Buraidah 51491, Al-Qassim, K.S.A

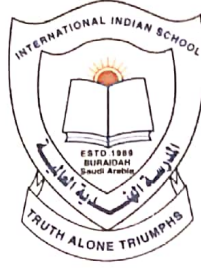
Main School : Tel 0163840887 - Fax: 0163840881

Primary Section : Tel / Fax: 0163693599

Affiliated to CBSE New Delhi - Code No. 5730006

Under Saudi Ministry of Education - Lic No . 72 - J

www.iisburaidah.org



المدرسة الهندية العالمية ببريدة

المملكة العربية السعودية - بريدة ٥١٤٩١ - القصيم - ص.ب: ٤٢٦٠

هاتف: ٠١٦٣٨٤٠٨٨٧ - فاكس: ٠١٦٣٨٤٠٨٨١

المدرسة الابتدائية هاتف/فاكس: ٠١٦٣٦٩٣٥٩٩

يعتمد من سي - بي - إس - نيودلهي رقم ٥٧٣٠٠٠٦
(تحت إشراف وزارة التربية والتعليم) ترخيص رقم: ٧٢/ج

Circular

Ref: CIR/IISB/PAR/19/21-22

16th June 2021

Dear Parents/Teachers/Students,

The 7th International Day of Yoga (IDY) will be celebrated on 21st June 2021. It has been tried and tested that practicing Yoga helps in the development of stronger physical and mental well-being. The simple Yoga Kriyas help in regaining sense of control, enable sound mind and body and provide tools for better management of anxiety due to situation beyond control.

Therefore following online events will be organized by the IISB to celebrate the IDY 2021:

Sl. No.	Event	Date	Time
1	Online Quiz Competition on Yoga for students (Grades 6 - 12)	21-06-2021 (Monday)	8:00 am to 8:40 am
2	Online Yoga workshops for parents, teachers and students (Grades 6-12)	21-06-2021 (Monday)	8:50 am to 9:50 am

Principal

