



INDIAN SCHOOL MUSCAT
PO Box:2470, Ruwi, P.C. 112
Sultanate of Oman



ISM/PRN/051/2021-22

June 6, 2021

YOGA DEMONSTRATION CONTEST FOR STUDENTS OF INDIAN SCHOOLS IN OMAN

Dear students,

Greetings from Indian School Muscat!

On the occasion of the **7th International Day of Yoga**, Embassy of India, Muscat in cooperation with the Board of Directors, Indian Schools in Oman is organizing a Yoga Demonstration Contest for students of all the Indian schools in Oman. The entries will be judged as per the category I and II.

The details are as given below:

The Event- 'BE WITH YOGA: BE AT HOME'

Category: The contest entries will be in two categories.

Category I – Classes 3 to 7

Category II – Classes 8 to 12

Content: Participants will send their Video of Yoga Demonstration showcasing Yoga Postures along with a short description. It may include Kriya, Asana, Pranayama, Bandha or Mudra

Length of the video: The Length of the video should be 2 minutes. (Maximum)

Mode of Submission: Please upload the video and fill in your details by clicking on the form link given below.

<https://forms.gle/D6aeLUD2sfS1bPJc6>

Date of submission: The last date for submission of the entry is Saturday, 12 June 2021.

Prizes:

First Prize - OMR 150

Second Prize - OMR 100

Third Prize - OMR 50

Students are encouraged to participate in the Yoga demonstration contest at school level and subsequently the video of the Best top two entries in each category at the school level shall be selected for the final level.

Winners in each category will be awarded cash prizes along with certificates by the Embassy as per details above. School-wise best entries shall also be recognized and awarded certificates by the Embassy.

With warm regards,



Dr Rajeev Kumar Chauhan
Principal