



MONTFORT SCHOOL BONGAIGAON ASSAM

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CIRCULAR TO THE PARENTS

22.06.2021

Dear Parents,

Greetings! This is to inform you of the following

1. The NCERT is organizing an Online Quiz Competition on Yoga based on Syllabus developed by it. Children from 06 to 12 and Teachers would be able to participate in it. The proposed quiz will be organised on My Gov (<https://mygov.in/>); (<https://quiz.mygov.in/quiz/yoga-for-life-quiz/>) and on DIKSHA (<https://diksha.gov.in/>) platforms. The Quiz will be open for one month starting on June 21 and will close on July 20 midnight 2021.
2. As part of the academic requirement for senior classes, YOGA Lessons will be organized for a month as per the following schedule:

Classes	Day / Date	Timing of the YOGA Session
VIII - X	WEDNESDAY 23.06.2021 TO FRIDAY 23.07.2021	7.00 – 7.45 a.m.

P.S.:

1. The Yoga Lessons will be conducted for a month by Mr Sofior Rahman, our Physical Education Teacher.
2. There will be a formal evaluation at the end of the Yoga Lessons.
3. The Lessons are Compulsory for Classes VIII to X
4. All students should wear Track Pant and a T-shirt, preferably the House T-shirts.
5. The Google Meet Link will be sent to the students shortly.
6. The Class teachers will monitor the sessions. Attendance will be needed.

Thanking you

Yours in the Cause of Education

Principal
Principal

Principal
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