

**PODAR INTERNATIONAL SCHOOL, MANGALORE**  
(CBSE Affiliation No -831054, School code – 46680)

**Ref No: PIS/ACT/SEAT/2026-27/6**

Dear Parents/Guardians,

Greetings from Podar International School Mangalore!!!!

***June 21st "International Yoga Day."***

**Purpose:-** The United Nations General Assembly proposed and established June 21st as International Yoga Day on December 11th. This date was chosen as it coincides with the summer solstice, the longest day of the year in the Northern Hemisphere. Since 2015, International Yoga Day has been celebrated annually worldwide with the objective of raising awareness about the numerous benefits of yoga for individuals and the planet.

**The theme for the 12th International Day of Yoga (June 21, 2026) is "Yoga for Healthy Ageing"**

**Yoga session for students**

Time: 9: 00 am to 10: 00 am

Date: 20/06/2026

***Solo and Inter House Group Yoga Competition***

**Competition for Students**

**Solo Yoga Competition:**

**Category A - Grade 1 &2**

Date: 19/06/2026

Topic: Vajrasana /Tadasana/ Bhujangasana (Participant can choose any one)

**Category B – Grade 3 to 5**

Date: 19/06/2026

Topic: Vrukshasana / Dhanurasana/ Trikonasana (Participant can choose any one)

**Category C – Grade 6 to 10**

Date: 19/06/2026

Topic: Trikonasana/ Ardha Halasana / Vrukshasana (Participant can choose any one)

### Evaluation criteria

Formation (Vinyasa Pattern): Starting to completion of Asana	10 marks
Retention (Final Posture): To maintain Asana for 8-10 seconds	10 marks
Grace and Presentation: The aesthetic aspect in formation and retention	10 marks

**Interested students can enroll your names to class teacher on or before 16/06/2026.**

## ***Group Yoga Competition***

**Date: 19/06/2026**

### **Guidelines for Group Yoga Competition**

Each house team will consist of 20 members (while choosing the team give preference to all class)

The house can play music while performing yoga.

The house can choose any 4 yoga poses out of the 10 given yoga poses

1. Padmasana
2. Shashankasana
3. Vajrasana
4. Supthavajrasana
5. Salabasana
6. Tadasana
7. Vrukshasana
8. Ardhakati chakrasana
9. Trikonasana
10. Ardha Halasana

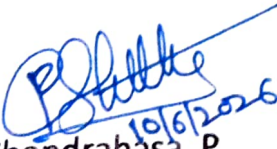
**1 circle of suryanamaskar (12 counts) compulsory**

### Evaluation criteria

Formation (Vinyasa Pattern): Starting to completion of Asana	10 marks
Retention (Final Posture): To maintain Asana for 8-10 seconds	10 marks
Grace and Presentation: The aesthetic aspect in formation and retention	10 marks

**House teachers have to update the final list on 16/06/2026 before 4: 00 pm.**

Results of the competition will be intimated through e-mail.

  
Chandrasa. P  
Event in charge

  
10/6/26  
Principal