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## Participation in International Day of Yoga (IDY) 2026 Activities

Dear Students,

As per the guidelines of the Central Board of Secondary Education (CBSE), the **12th International Day of Yoga (IDY-2026)** will be celebrated on **21st June 2026** across the country to promote health, well-being, and a balanced lifestyle .

In this regard, students are encouraged to actively participate in various exciting and educational activities organized by the Ministry of AYUSH on the MyGov portal.

Students may explore and take part in the following competitions/activities available on MyGov:

- Yoga Quiz
- E-Poster Competition
- Photography Contest (Yoga My Pride)
- Suggest a Theme for IDY 2026
- Yog Geet / Jingle Contest
- Reel Making Contest
- 100 Days Free Live Yoga Sessions (Yoga 365 Initiative)

Instructions for Students:

1. Visit the MyGov portal and select an activity of your interest.
2. Register and participate as per the guidelines.
3. Complete the activity sincerely and submit your entry.
4. After completion, **share your certificates/achievements with your Class Teacher.**
5. You are encouraged to share your achievements on your parents' Facebook account by tagging:  
**Podar International School, Samastipur**

Let us come together to celebrate yoga as a way of life and make IDY 2026 a grand success. Your participation will bring pride to both you and our school.

Warm regards,

  
Principal

