



ST. FRANCIS XAVIER SCHOOL

(A unit of St. Francis Xavier Education Society, Regd. No.: SO052939)

AFFILIATED TO THE COUNCIL FOR THE INDIAN SCHOOL CERTIFICATE EXAMINATIONS, NEW DELHI
CISCE SCHOOL CODE : WB - 127

Ref : 25-26/OP/058

Dated : 16/06/2025

NOTICE

SPECIAL ASSEMBLY FOR WORLD YOGA DAY- THEME : "YOGA FOR ONE EARTH, ONE HEALTH"

DATE OF THE EVENT : 20TH JUNE, 2025 VENUE : SCHOOL HALL

The Sports Club of STFX will be observing the 11th International Yoga Day on 20th of June, 2025. A special assembly will be held on the school premises to celebrate the day as per the following schedule :

Classes I to V, XI & XII	9:00am to 9.30 am
Classes VI to X	2:20pm to 2:50pm

Students under the guidance of Mr. Debojyoti Chakraborty will demonstrate basic techniques of a few types of yogic postures viz. Pranayam, 'Surya Namaskar' or Sun Salutation, Padmasana, Vajrasana, Bhujangasana, Ardha Chakrasana, Natarajasana, Virasana, Janu Sirsanana. Apart from these some of the students will also demonstrate advance yoga poses like Hanumanasana, Urdha Dhanurasana, Shirshasana, Pincha Mayurasana and Eka Pada Rajakapotasana. There will be a special demonstration by the teachers Mrs. Gargi Banerjee, Mrs. Priti Singh and Mr. Debojyoti Chakraborty.

Students of classes IV, V and XII C will be there in the hall as audience during the morning assembly, whereas students of classes IX and X will be there in the day assembly.

Class Teachers and subject teachers will ensure discipline during the special assembly by guiding the students throughout the event. It is expected that all the students & teachers will work together to make this event a grand success. The Support Staff is also hereby instructed to decorate the Hall with house flags, banners and place the mats.


PRINCIPAL (O)

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