



June 20, 2024

Circular No. 17/24-25

INTERNATIONAL DAY OF YOGA (IDY)

Dear Students,

We are excited to inform you that our school will be celebrating **International Yoga Day on 21st June 2024** in the school premises. This day is dedicated to raising awareness about the numerous benefits of practicing yoga, which promotes physical and mental well-being.

Students will follow the following instructions:

- 1. Students should carry their own yoga mats.**
- 2. Students should wear P.E uniform (Track Suit)**
- 3. Students should have very light breakfast and early dinner on the previous day.**

We look forward to enthusiastic participation from all students.

Regards,

Principal