



CIRCULAR: INVITATION TO CELEBRATE INTERNATIONAL YOGA DAY 2026

Ref No. IPSCR/2026-27/CIR076

29.05.2026

Dear Parents and Students,

We are delighted to inform you that our school will be celebrating the **12th International Day of Yoga** on **21st June 2025**. We warmly invite **students to participate along with their parents** in this special event, making it a shared celebration of health and harmony.

The United Nations-recognized theme for this year is:

🧘 **"Yoga for Healthy Ageing,"** focusing on holistic wellness and preventative health.

This theme emphasizes the deep connection between personal well-being and the health of our planet, showcasing yoga's unique ability to foster unity, sustainability, and global harmony. Let us come together as a school community—students, parents, and teachers—to embrace this message and celebrate the spirit of yoga.

Date: Sunday, 21st June 2026.

Time: 7:00 AM – 8:00 AM

Venue: School Ground

Instructions for Participants:

- Wear comfortable white or school yoga attire.
- Bring your own yoga mat and a water bottle.

We look forward to your enthusiastic participation in making this day a meaningful and memorable celebration of wellness and togetherness.

With Regards

Renu Sharma
29/5/26

Ms. Renu Sharma
Principal (IPS-CR)
Asst. Director - System (IGS)