

Circular No. OS/10/26-27

Subject: Celebration of 12th International Day of Yoga – 21 June 2026

Dear Parents and Students,

Yoga is a wonderful way to promote physical fitness, mental well-being, and a healthy lifestyle. In line with the nationwide celebration of the **12th International Day of Yoga (IDY-2026)**, initiated by the Ministry of AYUSH, our school is pleased to organize an **Online Yoga Session** for students.

Date: 21 June 2026 (Sunday)

Time: 7:30 a.m. – 8:15 a.m.

Mode: Online

Students/Parents are encouraged to participate from the comfort of their homes and learn about the importance of yoga in maintaining a healthy body and mind. The session will include:

- Breathing Exercises (Pranayama)
- Surya Namaskar
- Stretching Exercises
- Meditation and Relaxation Techniques
- Simple Yoga Asanas

We request all students along with their parents to join the session in comfortable clothing and ensure they have a yoga mat or a clean space available for practice.

Let us come together to celebrate the spirit of yoga and embrace healthy habits for a happier and healthier life.

"Yoga for One Earth, One Health"

Warm regards,
Team Open Sky

