



SALWAN PUBLIC SCHOOL, RAJENDRA NAGAR

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Subject: Let's Celebrate Yoga
Classes: Nursery-XII

SPS/323/2025

11th June 2025

Dear Parent

Greetings!

“Yuj” is a Sanskrit root word that translates to "to yoke," "to unite," "to join," or "to concentrate". It's the origin of the word "yoga," a practice that aims to unite the mind, body, and spirit. Yoga integrates all aspects of the body with the mind and soul to achieve ultimate happiness and a balanced life. It is an ancient Indian practice for living healthy and combines physical and spiritual disciplines that connect the body and mind.

On the occasion of International Day of Yoga, the School is organizing a ‘**Special Yoga**’ session for the students, parents and teachers in the school grounds on Saturday, 21st June 2025 from 7:00 a.m. to 8:00 a.m. The session will be conducted under the guidance of trained Yoga Masters of our school.

We cordially invite all to join us for this session and take a positive step in taking care of our health.

Day & Date: Saturday, 21st June, 2025

Reporting time: 6.45 a.m.

Yoga Session: 7:00 a.m. – 8:00 a.m.

Dress Code: Comfortable Track pants and T shirt

Things to Carry: Yoga Mat & Water Bottle

To register for the session, please click on the link given below

➤ <https://forms.gle/LEuiAySbjYJJerhG8>

(Please note registration is mandatory to participate in the event.)

Please join the following WhatsApp Group link for future updates:-

➤ <https://chat.whatsapp.com/Gkdt8B2VZa7L6UV3pwcEY9>

Regards

Priyanka Barara
Principal