



SALWAN PUBLIC SCHOOL

Pt. Girdhari Lal Salwan Marg, Rajendra Nagar
New Delhi – 110060

CIRCULAR



Subject: Let's Celebrate Yoga
Classes Nursery- XII

SPS/287 | 2026-27

8.6.2026

Dear Parent

Greetings!

Derived from the Sanskrit word yuj, i.e. to yoke, 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.

It creates mental clarity, calmness and at the same relieves chronic stress patterns. In addition it sharpens concentration both for adults and children.

On the occasion of 12th International Yoga Day 2026, the School is organizing a '**Special Yoga**' session for the students, parents and teachers in the school grounds on **Sunday, 21st June 2026 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	Sunday, 21st June, 2026
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/FKeQLy1FJMAVo31Z8>

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

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

<https://chat.whatsapp.com/FX2AaJ8tXFX3diKX8wEgzt>

Regards

Priyanka Barara

Principal