

AVE MARIA SCHOOL, CBSE
Ramanthapur, Hyderabad
(Managed by Hyderabad Archdiocese Educational Society)

=====

19th June 2025

Subject: Celebration of International Yoga Day

Dear Parents,

We are pleased to announce that our school will be celebrating International Yoga Day on **21st June 2025 (i.e. Saturday)**, in order to promote and create awareness about the physical, mental, and spiritual benefits of yoga.

As we all know, yoga is a valuable ancient practice that has been recognized worldwide for its numerous benefits, including stress reduction, increased flexibility, improved posture, and overall well-being. To mark this day, the school will organize a special event for the selected students from 7.15am to 8.15 am on 21st June 2025 which includes a yoga session, led by experienced and certified yoga instructors.

We will also holding various yoga activities for students, and we request you to encourage your ward to participate in the following activities.

Class	Name of the Activity & Time: 1.30pm to 2.30pm
Class I – II	Yoga Pose activity e.g., Asana demonstration
Class III - IV	Essay writing on the theme “Benefits of Yoga for Physical & Mental Health”
Class V - VI	Elocution on “Importance of Yoga”
Class VII - VIII	Poster Making on Yoga

Let us come together and celebrate International Yoga Day, and take a step towards a healthy and happy life. Thanking you.

With regards


PRINCIPAL
AVE MARIA SCHOOL