



Vivekanand School

F-Block, Preet Vihar, Delhi - 110092

Ref. No. : VS/PV/2026-27/Cir-18

Date : 20/06/2026

International Yoga Day – Family Yoga Participation

Dear Parents,

Namaskar!

On the occasion of International Yoga Day, we encourage our students and their families to observe the day at home by practicing yoga and experiencing its numerous physical, mental, and emotional benefits.

Students may either perform yoga individually or participate in a family yoga session along with their parents and siblings. Families are requested to click a photograph of the activity and share it with the respective Class Teacher.

Submission Deadline: Tomorrow by 3:00 PM

Let us take a step towards a healthier, happier, and more balanced lifestyle.

Warm regards,

Principal (Officiating)