



Vivekanand School

F-Block, Preet Vihar, Delhi - 110092

Ref. No. : VS/PV/2025-26/Cir-16

Date : 6/6/2025

🌿 Celebrate the Spirit of Harmony 🌿 International Yoga Day – 21st June

Dear Parent

Namaste!

We are delighted to invite you and our spirited Vivians of Classes Pre-School to XII to join us in celebrating International Yoga Day on **Saturday, 21st June 2025 at Vivekanand School, Anand Vihar.**

Let's unite to honour this ancient science of wellness that nurtures the body, calms the mind, and uplifts the soul.

Session Highlights:

- ◆ Guided Yoga & Breathing Techniques
- ◆ Mindfulness & Meditation
- ◆ A Celebration of Unity & Well-being

Session Details:

- 🕒 Time: 7.15 a.m. onwards
- 📍 Venue: School Ground
- 🚪 Entry/Exit: Gate No. 1
- 👕 Dress Code: Comfortable sportswear/yoga attire
- 🧘 Note: Please carry your own yoga mat.

We look forward to your enthusiastic participation as we take a collective step towards a healthier and more mindful way of living.

Warm regards,

Principal

(Officiating)