SALWAN PUBLIC SCHOOL

Sector 15 (II), Gurugram, Haryana

CIRCULAR

Subject: International Yoga Day 2026-27

SPS / Circular no. 81 / 2026-27 Date 2 3 / 0 5 / 2 0 2 6

Dear Parents,

Greetings from Team SPS!

"Yoga is a light, which once lit, will never dim. The better your practice, the brighter your flame."

In today's fast-paced world, nurturing physical fitness, emotional balance, mindfulness, and inner peace has become more essential than ever. Yoga is not merely an exercise; it is a holistic way of life that promotes harmony between the mind, body, and soul. Rooted deeply in Indian heritage and philosophy, yoga inspires individuals towards a healthier, calmer, and more disciplined lifestyle.

Keeping this spirit alive, Salwan Public School is delighted to announce the celebration of International Yoga Day 2026 as a part of our commitment towards holistic wellness and conscious living.

This year's theme focuses on creating awareness about the importance of daily yoga practice for achieving **Wellness, Wisdom, and World Peace.**

"Yoga does not just change the way we see things; it transforms the person who sees."

To further strengthen the home–school partnership in this wellness initiative, a daily practice link/video reference will be shared with parents. Families are warmly invited to practice together, helping yoga evolve into a meaningful daily routine and a shared journey towards health, positivity, mindfulness, and holistic well-being.

The culminating celebration of International Yoga Day will be held on 21 June 2026 in both online and offline modes for students, parents, and staff members.

Event Details:

Date: 21 June 2026
Time: 8:00 a.m. to 8:45 a.m.
Venue: Block C – Auditorium, School Campus

The Registration link for participation on 21st June for both online/offline session is given below. Kindly fill the consent form by 14th June 2026

https://zfrmz.in/oYYFoMH130UDpqRClfGC

.

Looking forward to a healthy and meaningful journey ahead!

Warm regards,

Team SPS