



SANGHAMITRA SCHOOL

(Affiliated to CBSE AFF No. 96/3630038),
2-32, Nizampet Road, Hydernagar, Kukatpally.

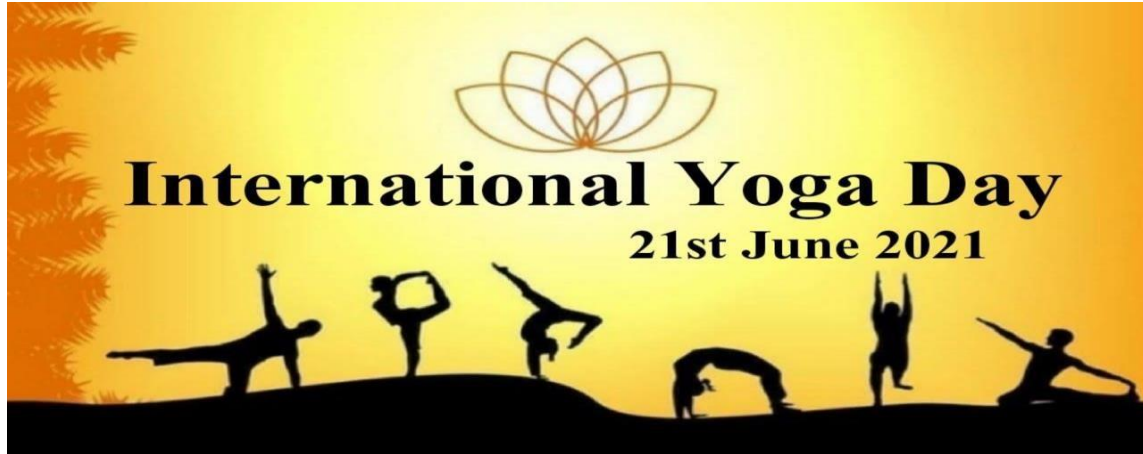
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Cir/2021-2022/June

Circular

Date: 18th June 2021



Dear students/parents

Observing International Day of Yoga (IDY) on 21.06.2021.

The 7th International Day of Yoga (IDY) will be celebrated on 21st June 2021. It has been tried and tested that practicing Yoga helps in the development of stronger physical and mental well-being. The simple Yoga Kriyas help in regaining the sense of control and enables mind and body provide tools for better management of anxiety due to situation beyond control.

Benefits of practicing Yoga

- To create awareness, understanding, application of simple yogic practices among students and to motivate them to practice simple asanas.
- To motivate them to develop a healthy habit and lifestyle and thereby promote emotional and mental wellbeing in children through yogic practices.
- To develop humane values in children.

Physical Education department will be conducting an **online yoga session** for all the students to learn and practice simple yoga asanas. Request students to wear comfortable clothing and follow the instructions carefully.

Principal