

Dear Parents,

**Subject: Celebration of International Yoga Day**

Greetings from Excel Public School!

We are delighted to inform you that Excel Public School will be celebrating International Yoga Day on Saturday, 21<sup>st</sup> June 2025, with great enthusiasm and spirit. As an institution committed to the holistic development of our students, we believe that Yoga plays a pivotal role in physical health, mental well-being, and emotional balance. To honour this significant day, a special programme has been organised with the aim of promoting mindfulness, wellness, and a deeper connection between self and society.

The details of the programme are as follows:

Date : 21<sup>st</sup> June 2025  
Time : 6:45 am to 8:00 am  
Venue : School Playground

- Attendance is compulsory for students of Classes 6 to 12, while it remains optional for students of other classes.
- Students can board the school bus from the boarding points two hours prior to their regular timings.
- Students are expected to carry their Yoga Mat and water bottles.
- Students are required to wear their Sportswear.
- The return trips will start at 8:15 am from school.
- Students who require bus transportation on that day are requested to submit their names to the respective HMs by 20-06-2025.

We are delighted to extend a warm invitation to parents to join us for this meaningful event and experience the transformative power of yoga.

- Parents willing to participate must be dressed in **comfortable attire suitable for yoga**.
- Kindly carry a **Yoga Mat** for the session.

Looking forward to your support and cooperation.

Yours Sincerely,



Mathew K G  
(Principal)

