



**T.M. PATEL  
INTERNATIONAL  
SCHOOL**

Academic Partner



**TMPIS/CIR/14/23-24**

**Date: 19<sup>th</sup> June 2023**

**Dear Parents,**

**Greetings from T.M.Patel International School !**

**We are pleased to inform you that our school is organizing a grand celebration on the occasion of International Yoga Day. Yoga Day is celebrated worldwide on June 21st every year to promote the physical, mental, and spiritual well-being of individuals. It is an opportunity for us to embrace the ancient practice of yoga and its numerous benefits.**

**Date: 21-06-2023**

**Time: 8:00 am onwards**

**Venue: School Auditorium**

**The purpose of this event is to create awareness about the importance of yoga and encourage its regular practice among students. Yoga helps in maintaining a healthy body, calm mind, and overall personality development. It improves flexibility, concentration, and reduces stress levels, thereby enhancing academic performance.**

**The event will consist of various activities and demonstrations, including:**

**Yoga Asanas:** Expert yoga instructors will guide students through a series of asanas (yoga postures) suitable for their age and fitness level. These asanas will focus on improving strength, flexibility, and overall well-being.

**Pranayama and Meditation:** Students will learn breathing exercises (pranayama) to promote mindfulness and relaxation. Meditation techniques will also be introduced to help students manage stress and improve concentration.

**We encourage all students to actively participate in this event. They should come to school in P.T Uniform for yoga practice.**

**Please ensure that your child reaches the school premises on time and brings a yoga mat for their comfort during the practice session.**

**Let us join hands to celebrate this International Yoga Day and embrace the practice of yoga for a healthier and happier life.**

**For any queries or further information, please feel free to contact the School.**

**Best regards,**

**K. Maxwell Manohar**

**Director/Principal**