



Dear Parents/Guardians,

We are pleased to inform you that our school will be celebrating International Yoga Day on June 21, 2025. This year, the theme for Yoga Day is "Yoga for One Earth, One Health". As part of the celebration, you are encouraged to participate in the yoga celebration from the comfort of your home. Instructions will be shared separately for the celebration.

The objective is to promote physical and mental well-being, discipline, and inner peace among our students. We invite you to join us for this special event and witness the benefits of yoga for yourself. We believe that yoga will help our students develop a healthy lifestyle, improve concentration, and enhance their overall well-being. Thank you for your continued support.

Best regards,

**The School Management
Little Flower Convent School, Sangrur**

**INTERNATIONAL
YOGA DAY**