



Jai Guru Dev
AGASTHYA VIDYA MANDIR
Agasthya Garden, TVS Road, Kothur Village, HOSUR – 635 109

CIRCULAR TO PARENTS

AVM/CIR-P/25-26/009

20.06.2025

AGASTHYA VIDYA MANDIR
Agasthya Garden, TVS Road, Kothur Village, HOSUR-635 109.
(Affiliated to CBSE)

A Special Circular: **Date: 20th June 2025**

To: All Parents and Students

Subject: Breathe. Stretch. Smile. – Celebrating International Yoga Day Together

Dear Parents and Students,

May your hearts be calm, your minds be still, and your spirits be bright.

On 21st June 2025 (Saturday), we gather not just for an event, but for an experience a pause, a breath, a moment to reconnect with ourselves through the ancient and beautiful practice of Yoga.

This year, our International Yoga Day celebration is themed around:
" *Peace within. Strength beyond.*"

We warmly invite every student from grade 3 to 10 to be part of this meaningful session where body, mind, and soul move together in harmony. The morning will begin with soft chants, mindful movements, and guided breathing exercises designed to uplift and energize our young learners.

Parents, we need your kind support to ensure:

1. Each child carries a clean yoga mat (preferably labelled).
2. Students wear their complete house uniform – neat and comfortable.
3. A light breakfast is recommended before the session.

Most importantly, bring a heart open to stillness and joy.

Let us raise a generation that not only learns to compete but also knows how to pause, reflect, and breathe.

Principal