

PODAR INTERNATIONAL SCHOOL

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PODAR
INTERNATIONAL SCHOOL

Ref No: PIS/Cir/2025-26/0028

Date: 19/06/2025

Dear Parents/Guardians,

We are pleased to inform you that our school will be celebrating the **International Yoga Day** on **21st June 2025 (Saturday)** to promote physical, mental, and emotional well-being among students through the practice of yoga.

Details of the Event:

- 🛎 **Date:** Saturday, 21st June 2025
- 🕒 **Time:** 7:50 AM to 8:30 AM
- 📍 **Venue:** School Assembly Ground
- 👕 **Dress Code:** PT Uniform

Instructions:

- Attendance is **compulsory** for all students from **Grades 1 to 10**.
- Students must bring their own **yoga mat** and a **water bottle**.
- Kindly ensure that your ward reaches school on time.
- Parents are warmly invited to join us for the yoga performance (Please carry your own yoga mat), provided the weather remains clear and comfortable, as the event will be held on the school ground.

Let us encourage our children to embrace the path of wellness and mindfulness through this ancient practice.

Thank you for your cooperation.

Warm regards,

Principal

Podar International School, Samastipur