



SGS2025-26 Circular No.0072

Date: 19th June 2025

**Dear Students & Parents,
Namaskar!**

We are delighted to share that Sparsh Global School will be observing the **11th International Day of Yoga (IDY)** on **Saturday, 21st June 2025**, with an early morning yoga session on campus.

International Day of Yoga is a globally celebrated event recognised by the **Ministry of AYUSH**. This year marks a decade of this inspiring movement and is being observed with the theme:

“Yoga for One Earth, One Health”, reinforcing the importance of physical and mental well-being in harmony with nature.

We warmly invite you all to join us for this meaningful celebration.

Details of the Yoga Session:

Date: 21st June 2025

Time: 6:30 am – 7:45 am

Venue: School Ground

Note:

- Kindly dress in comfortable clothing.
- Please carry your own yoga mat.
- Yoga session will follow the **Common Yoga Protocol (CYP)**.
- Entry to the school will be from School gate no 03

Your participation will help foster a shared commitment towards a healthier, more balanced lifestyle. Let’s come together as a community to embrace the spirit of yoga and wellness.

**Warm regards,
Principal
Sparsh Global School**