



Ref No.: LPS/Cir/1441/21-22

15.06.2021

CIRCULAR

Dear Parents,

Sub: **International Yoga Day (21st June 2021)**

Recognizing the many benefits of the ancient Indian practice of YOGA, International Yoga Day is celebrated on 21st June every year. Keeping in view the current pandemic situation, the theme of the Yoga Day for 2021 is '**Yoga at Home, Yoga with Family**'. We at **LEADERS PRIVATE SCHOOL** will be celebrating yoga day on Monday, the 21st of June 2021 through the digital platform, ZOOM. So be ready to stretch your body and relax your mind !

Kindly note the following points:

- The session shall be conducted for KG and Grade 1 &2 from 8:00 am to 8:30 am and for Grade 3 to Grade 12 from 09:20 am to 09:50 am (inclusive of the assembly).
- All the students shall be in their PE uniform. Those who are not wearing the PE Uniform, can wear white T-shirt.
- Preferably, all students should have a yoga mat; those who can't arrange it are allowed to use any other mat.
- Students should only have a light breakfast before the yoga session.
- Those who are unwell or injured in any way should report to the concerned teacher and shall be exempted from doing yoga.
- Parents can take photos / videos of your ward(s) performing Yoga and send it to the respective Class Teachers.
- A link of yoga exercises is shared herewith the parents so that they too can participate in the session along with their wards. ([Click here](#)). Parents may click photographs of the same and share it with the class teachers of their wards before 25th June 2021.

We thank you for your unstinted support and cooperation in all our endeavors.

With regards

Sd/-

Rafia Zafar Ali
Principal