

Circular 10/2025-26

19th June 2025

Dear Parent,

The United Nations has declared 21st June as 'International Day of Yoga' (IDY). Over the past years, there have been worldwide celebrations to mark this day. This has effectively facilitated the global dissemination of the significance of Yoga for overall health and well-being and enduring sustainable lifestyle.

Ministry of Ayush, Government of India has developed a portal with all details, digital assets and latest information about IDY activities: <https://yoga.ayush.gov.in/yoga-sangam>

'Common Yoga Protocol' videos are available in 22 Indian languages at the following link:

https://youtube.com/playlist?list=PLxZ05kgQiFwf6JbbEvThIy9AcZ0xrfxvk&si=xy_A9uOqJLRKm5i

1. **Laurus – The Universal School** will be organising a **Mass Yoga Demonstration on Saturday, 21st June 2025.**

- ✓ Students are requested to wear a **white T-shirt** and **black or blue track pants**.
- ✓ Each student must also bring a **yoga mat/ any soft mat**, clearly labelled with their name.
- ✓ Students need to wear their regular school shoes.

2. A Yoga Quiz is also being organised by the Ministry of Ayush (MoA), in collaboration with the MyGov on platform (<https://quiz.mygov.in/quiz/international-day-of-yoga-2025-quiz/>). Students can actively participate in the quiz and obtain their certificates.

Please encourage your child to take part in these activities to contribute to the successful celebration of the International Day of Yoga.



Principal

