

**MNR GROUP OF SCHOOLS
(Hyderabad)
CIRCULAR
(05/21-22)**



Date:19.06.2021

INTERNATIONAL DAY OF YOGA

Dear parents,

International yoga day is celebrated on 21st June every year to spread awareness about the importance of effects of yoga on the health of people. Due to the social distancing measures adopted by most countries the theme set by United Nations for this year is “YOGA FOR HEALTH-YOGA AT HOME”

On the occasion of international day of yoga, let us aim towards developing physical fitness, emotional stability, concentration and mental well-being.

Kindly follow the given YOGA event schedule on **21.06.2021**

PPI & PPII---Yoga Asana

I to VI -----Typical yoga posters

VII ,VIII-----Live yoga session (9am to 10am)

IX,X-----Live yoga session(8am to 9am)

Dress code: White P.E.T dress/kurtha pyjama

Thanking you all

Sd/-
Principal