



# NEW HORIZON INTERNATIONAL SCHOOL

Kolshet. Hiranandani Estate. Thane (W)-400607

Ref: NHISR/cir/2025-26/030

GRADES: VI - X

19.06.2025

## INTERNATIONAL YOGA DAY

Dear Parents,

Greetings from New Horizon International School!

International Yoga Day is observed worldwide to raise awareness about the benefits of practicing Yoga for physical, mental, and emotional well-being. It is a wonderful way to develop concentration, reduce stress, and stay healthy.

We are pleased to inform you that we will be celebrating International Yoga Day on **Saturday, 21<sup>st</sup> June 2025** during school hours.

All students will wear their PE uniform and carry a Yoga mat for the event.

Regards,

  
PRINCIPAL