



# SANGHAMITRA SCHOOL

(Affiliated to CBSE AFF No. 96/130131) 2-32, Nizampet Road,  
Hydernagar, Kukatpally

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Cir/2015-16/June

Class: I & X

Date: 17/06/2015

**Yoga is not a religion; it is a way of living whose aim is ‘a healthy mind in a healthy body’.**

Dear Student,

The school is observing the International Yoga Day a day earlier i.e., on this Saturday, the 20<sup>th</sup> of June, 2015, as it is falling on Sunday. On that day, both girls and boys are requested to come dressed in loose fitting clothes, preferably in a simple salwar kameez for the warm up exercises that are to be taught by the yoga master, who is invited for the occasion. Girls should style their hair in the same fashion as everyday (two plaits braided and fastened up with ribbons).



*The art of practicing yoga helps in controlling an individual mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind, it helps to manage stress and anxiety and keep you relaxing. It also helps in increasing flexibility, muscle strength and body tone. It improved respiration, energy and vitality. Practicing yoga might seem like just stretching, but it can do much more for your body from the way you feel, look and move.*

Principal

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