



GLOBAL MISSION INTERNATIONAL SCHOOL

Nourishing Mind, Body & Soul

GMIS/26-27/ 13/International Yoga Day Celebration

Date: 18.06.26

International Yoga Day Celebration

Dear Parents and Students,

At GMIS, we believe that education extends far beyond textbooks. It is rooted in values, well-being, and the holistic development of every learner. In line with this vision, we are delighted to inform you that **International Yoga Day** will be celebrated with great enthusiasm and spirit on **Sunday, 21st June 2026**.

This year's theme, **"Yoga for Healthy Ageing,"** resonates with our school's commitment to promoting holistic well-being and encouraging healthy lifestyles among students. The theme underscores the significance of yoga in enhancing physical fitness, mental resilience, and overall wellness, thereby contributing to a healthier and more balanced life for all.

Yoga is not just a practice; it is a way of life. It connects the mind, body, and soul — offering clarity, strength, and serenity. On this special occasion, we invite all students from **Grade 3 to 12** to participate in a **yoga session** that will inspire wellness and togetherness.

❖ Event Details

Particulars	Details
Date	Sunday, 21st June 2026
Arrival Time	6.30 AM
Dispersal Time	8.40 AM
Venue	Football Ground, SSA, Sanskardham Campus (Click Here)
Dress Code	White T-Shirt with Blue Track Pant
Transportation	School buses will operate 30 minutes earlier than the regular schedule.
Participants	All students from Grade 3 to Grade 12

We look forward to seeing our students come together in the spirit of unity, health, and mindfulness. Let us breathe in peace, stretch with purpose, and celebrate the joy of learning through yoga and music.

Together, let's move towards **Yoga for Healthy Ageing**.

Warm Regards

Monica Nanda

Principal



INVITATION

International Day of Yoga 2026

Yoga For Healthy Ageing

Healthy ageing begins at an early stage.

Sunday, 21st June 2026

06:30am to 08:40am

Football Ground, VBF

