LABURNUM PUBLIC SCHOOL

FROM DARKNESS TO LIGHT

CBSE Affiliation No. : 532007 | An ISO 9001:2015 Certified

Circular No.:LPS/2026-27/15 **Date:10.06.2026**

Subject: International Day of Yoga 2026

Dear Parent/Guardian,
Greetings!

Laburnum Public School is pleased to invite all students and their families to participate in yoga-based activities during this summer vacation.

The theme for this year's International Day of Yoga is:
"**Yoga for One Earth, One Health**"

Yoga promotes physical fitness, mental well-being, emotional balance and a healthy lifestyle. Students and their family members are encouraged to practice yoga together and explore the various learning opportunities available through the official platforms mentioned below.

Activities for Students

1. Students may participate in one or more of the following activities:
* Practice yoga asanas, pranayama and meditation at home and share photographs/videos.
* Participate in a Family Yoga Session and submit a photograph or short video.
* Write an Essay on the importance of yoga in daily life.
* Create a Drawing/Poster highlighting the benefits of yoga.
* Participate in a Yoga Quiz.
* Create an E-Poster on the theme "Yoga for One Earth, One Health".
* Prepare a Yoga Awareness Reel.
* Record a short speech on the benefits of yoga and healthy living.

2. Yoga 365 – Free Live Yoga Sessions
Students and parents may register for the "100 Days Free Live Yoga Sessions" under the Yoga 365 Initiative to develop a regular yoga habit.
Website:
https://moa.habit.yoga/?ref-moMYAS

3. National Yoga Olympiad 2026
Interested students may explore the National Yoga Olympiad and participate as per the guidelines available on the official websites.
Registration Website:
https://www.nyoncert.in/registration2026/register.php

4. MyGov Yoga Competitions

Students may participate in national-level competitions such as Photography, Reels, E-Posters, Jingles and other creative yoga-related activities through the MyGov IDY Platform.

5. MyGov IDY Platform:
(Visit the MyGov portal and search for "International Day of Yoga 2026" activities and competitions.)

6. Namaste Yoga App

Students and parents are encouraged to explore the Namaste Yoga App for yoga-related content, activities, events and wellness resources.
(*App available on Google Play Store and Apple App Store.)*

7. Submission Guidelines

* Students may participate in one or more activities.
* Kindly mention the Student's Name, Class and Section with every submission.
*** All entries should be submitted to the respective class teacher.**
* Photographs and videos should be clear and properly visible.

Important Note:

If any website link does not open directly from the circular, kindly copy and paste the web address into your browser to access the respective resource.

Last Date for Submission: 16 June 2026

Let us come together to celebrate the spirit of yoga and adopt healthy habits for a healthier, happier and more mindful future.

Principal
Dr. Bhavana Chibber
Laburnum Public School.