



دي بي اس - مدرسة مونارك الدولية
DPS-MONARCH INTERNATIONAL SCHOOL

DPS-Monarch/CIR/SCY/2025-26/271

Date:01.06.2025

From Principal's desk....

INTERNATIONAL YOGA DAY

Dear Parents and Students

Greetings of the day!

We are delighted to inform you that our school will be celebrating **International Yoga Day** on **Saturday, 21st June 2025**. This global event serves as a reminder of the importance of mental, physical, and emotional well-being. At DPS Monarch International School, we strongly believe in fostering holistic development, and yoga is an integral part of our efforts to instill healthy lifestyle habits among students, teachers, and parents.

To mark this occasion, we are organizing a **Special Yoga Session** for **students (Grade 1 to 9 & Grade 11), parents, and teachers** as per the following details:

Date: Saturday, 21st June 2025 & **Time:** 6:00 AM to 7:30 AM

Venue: Multi-Purpose (MP) Hall, DPS Monarch International School

This community yoga gathering aims to strengthen our shared commitment to wellness and mindfulness, encouraging unity and harmony through practice of yoga.

Kindly note the following points:

- 1. The reporting time for all students, parents, and teachers is 5:45 AM sharp.**
- 2. We encourage all the students from grade 1 to grade 9 to attend the yoga session. However, it is mandatory for grade 11 students as it is a part of the CBSE SEWA program and student council**
- 3. Students must come in PE uniform accompanied by their parents.**
- 4. Parents and teachers are requested to wear white T-shirts with comfortable track pants for the session.**
- 5. Transport facilities will not be provided.**
- 6. Dispersal time: 7.45 AM from the school premises.**

7. The session will be conducted by a certified and professional Yoga Instructor, ensuring a safe, engaging, and refreshing experience for all.

Kindly Register your interest in the given link - <https://forms.office.com/r/Mrv6q754kp>

We look forward to your enthusiastic participation in making International Yoga Day a memorable event.

Thank you for your cooperation & support.

Warm regards,



Meenal Bakshi
Principal

Our Motto

Education with a difference

Our Vision

DPS Monarch International School will deliver learning excellence that is child-centric, value-based, and technology-driven.

Our Mission

DPS Monarch International School will ensure that students add value to their community and make the world a better place to live.
