



**AKSHARA VAAGDEVI  
INTERNATIONAL SCHOOL**  
R.G.R Siddhanthi Education Society | Affiliated to CBSE (Regd. 130323)  
IN COLLABORATION WITH  **PALLAVI MODEL SCHOOL**

**Cir No: 13/AVIS/2026-27 AY**

**Date: 11.06.2026**

**Dear Parents,**

**Greetings from the School!**

**"Yoga for Health, Harmony and Happiness."**

"Healthy children are nurtured by healthy habits and healthy habits begin at home."

As part of the celebrations of the 12th International Day of Yoga (21st June 2026), we are planning for a 10-Day Family Yoga Challenge for students and parents.

Yoga is not just a form of exercise; it is a way of life that promotes physical fitness, emotional balance, mental clarity and inner well-being. This year's International Day of Yoga theme, "Yoga for Healthy Ageing," reminds us that wellness is a lifelong journey that can begin at any age.

### **10-Day Yoga Challenge**

**Duration: 12th June 2026 to 21st June 2026**

Students are encouraged to practice yoga for 15 - 20 minutes daily and maintain consistency throughout the challenge. Parents are requested to motivate and join their children whenever possible.

### **One Family, One Mat, One Healthy Future**

To strengthen family bonding through wellness, we are introducing the Parent - Child Yoga Pair

### **Challenge on:**

Sunday, 14th June 2026

Sunday, 21st June 2026 (International Day of Yoga)

### **Categories**

- Best Coordination
- Most Creative Pose
- Best Family Participation

Families are encouraged to practice yoga together and upload a photograph or short video of their session in the Google Classroom.

Let us come together to make yoga a family habit and celebrate wellness beyond the classroom.

"A few minutes of yoga each day can create a lifetime of health, harmony and happiness."

We look forward to your enthusiastic participation in this meaningful initiative.

Warm regards,

**Ms. Vanaja**

**Principal**

[principal@avinternationalschool.org](mailto:principal@avinternationalschool.org)

[www.avinternationalschool.in](http://www.avinternationalschool.in)