



HELLO ROSY



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JUNE

NEWSLETTER

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INTERNATIONAL YOGA DAY



International Yoga Day, celebrated on June 21st, is a global event that promotes physical, mental, and spiritual well-being through the ancient practice of yoga. Event is practiced under the yoga teacher Mr. Ajay Dayal sir. This day serves as a reminder of the importance of yoga in fostering holistic health, inner peace, and harmony among individuals and communities worldwide. Yoga, originating from India, has evolved into a universal practice that transcends cultural and geographical boundaries. It encompasses various techniques, including postures (asanas), breathing exercises (pranayama), and meditation, which collectively contribute to improved physical flexibility, strength, balance, and mental clarity. The theme of International Yoga Day emphasizes unity, health, and peace, encouraging people from diverse backgrounds to come together and experience the benefits of yoga. Events and sessions are organized globally, ranging from mass yoga gatherings to online classes, workshops, and community activities, making it accessible to everyone. By embracing yoga, individuals can enhance their quality of life, reduce stress, and cultivate a deeper connection with themselves and their surroundings. As we celebrate International Yoga Day, let us recognize the profound impact of yoga on our well-being and strive to integrate its principles into our daily lives, promoting a healthier, more balanced, and harmonious world.



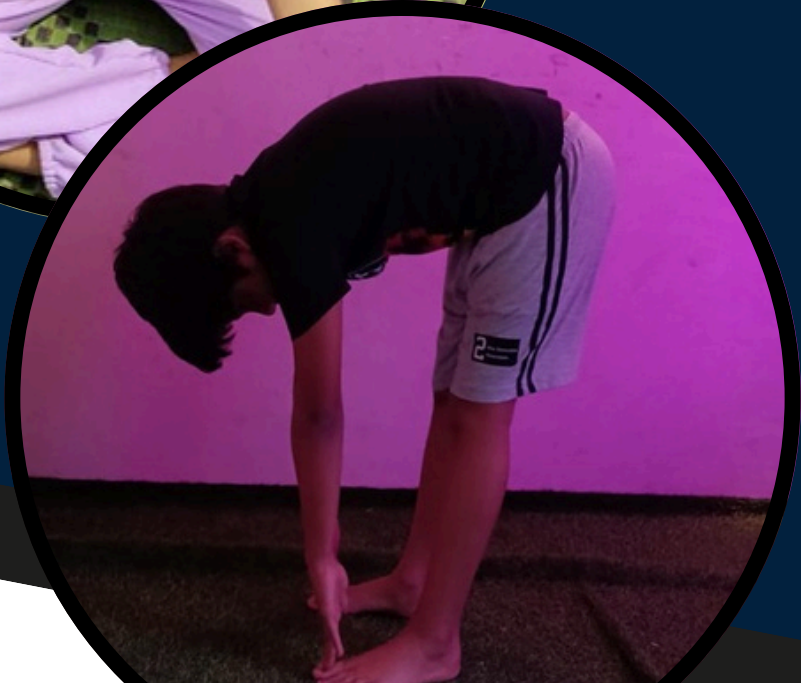
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WELCOME BACK TO SCHOOL



A warm welcome to all students, teachers, and staff as we reopen our school doors after the well-deserved break! We're excited to see the sparkle in your eyes and the enthusiasm in your hearts as we embark on a new academic journey. The vacation has surely rejuvenated you, and now it's time to refocus, recharge, and pursue new goals. Our school is committed to providing a nurturing environment that fosters growth, learning, and fun. We're eager to support you in achieving your full potential and making this academic year truly unforgettable. Let's make this year a remarkable one, filled with discoveries, friendships, and achievements. We're looking forward to seeing your smiling faces, hearing your bright ideas, and witnessing your progress. Welcome back, and let's get started on this exciting new chapter!



Thank
you

