



VENUS GLOBAL CAMPUS (CBSE)

Affiliated to CBSE, New Delhi. Affiliation No. 1930980. School Code: 55947

A.P. Nagar, Erode Main Road, Punnamchathram, KARUR - 639 136.

Circular No: VGC/2023-2024/032

20.06.2023

Dear Parents,

"You have the power to control what happens within you, even if you can't control what happens outside."

We are excited to inform you that Venus Global Campus will be celebrating **International Yoga Day on 21st June 2023 (Wednesday)**. This special occasion provides us with an opportunity to promote the physical and mental well-being of our students and foster a sense of unity and harmony.

To commemorate this day, the school has organized the following events on the campus:

1. Mass Yoga: Students from Grade 1 to 10 will participate in a mass yoga session. Yoga is a holistic practice that combines physical postures, breathing exercises, and meditation techniques. It promotes flexibility, strength, and mental clarity. Through this session, we aim to instil the importance of a healthy lifestyle and self-care among our students.
2. Yoga Day Pledge: Students from Grade 1 to 10 will take part in a Yoga Day Pledge.

Note:

- Students from Grade 3 to 10 are asked to bring Yoga mat tomorrow without fail.

M. Rajeswari
20/06/23
M. RAJESWARI B.E., MBA., B.Ed.
PRINCIPAL

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