



# DON BOSCO SENIOR SECONDARY SCHOOL

Plot No. 8, Sector 42A, Nerul, Navi Mumbai

**DBSSSN/R/ACAD/I-XII/JUN/26/36**

## **Notice: International Day of Yoga**

### **Theme: "Yoga for Healthy Ageing"**

Date: 17<sup>th</sup> June 2026

Dear Parents,

This is to inform you that Don Bosco Senior Secondary School will be observing the **International Day of Yoga on Friday, 19<sup>th</sup> June 2026**. The programme is being organised with the objective of promoting awareness about the significance of yoga in maintaining physical fitness, mental well-being, and inner discipline among students.

#### **Event Details :**

- **Dress Code: Boys & Girls (House Uniform)**
- **Items to Bring: Yoga mat or thick towel**
- **Activities: Yoga demonstration and wellness activities**

All students are expected to participate in the programme with sincerity and maintain proper discipline throughout the event.

As we celebrate Fit Family week, let's inspire each other to build healthier habits and stronger families.

Warm regards,

Don Bosco Sr. Secondary School,  
Physical Education Department.

*Kalyani Chandhuri*  
Principal  
17/6/26



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