

**Circular: SJS/16/26-27**  
**Grades: IV & V**  
**Subject: INTER-CLUB YOGA COMPETITION**



**Date: 13<sup>th</sup> May, 2026**

Dear Parents,

Warm greetings!

**Yoga is a wonderful way for children to improve their concentration, flexibility, and overall well-being.**

To encourage physical fitness and mindfulness from a young age, we are pleased to inform you that an Inter-Club Yoga Competition for the students of **Grades IV & V** is going to be conducted on **May 22, 2026, i.e. Friday**.

Students who wish to participate must register their names by May 16, 2026. Registrations should be submitted directly to their respective club in-charge.

**Guidelines for Parents:**

- Attire: Please ensure your ward comes to school in their Club Uniform on the day of the event.
- Yoga Mats will be provided by the school.
- Preparation: You may help your child practice basic asanas at home to build their confidence.

We look forward to your support in making this event a success and helping our students embrace a healthy lifestyle.

**Regards**



**Principal**