



MAHARAJA AGRASEN MODEL SCHOOL

(Sr. Secondary)

CD-BLOCK, PITAMPURA, DELHI- 110034

Circular No. MAMS/2025-26/19

June 19, 2025

CIRCULAR

Subject: Celebration of International Day of Yoga – June 21, 2025

Dear Parents and Students

In celebration of a timeless tradition that harmonises the body, mind and spirit, **Maharaja Agrasen Model School** is delighted to join hands with the global community in observing the **International Day of Yoga (IDY) 2025** on **June 21, 2025**. This annual celebration stands as a powerful reminder of the vital role Yoga plays in promoting physical, mental and emotional well-being. Recognised by the United Nations, this day highlights the relevance of Yoga as a holistic approach to health, harmony and sustainable living.

In alignment with this spirit, **Maharaja Agrasen Model School** is pleased to announce initiatives to engage our students meaningfully and encourage their active participation in this noble observance:

1. Students and parents are encouraged to practice and adopt Yoga. They can participate in a Yoga event in their neighbourhood.
2. **Essay Writing and Quiz Competitions**
To stimulate thoughtful reflection and creative expression, the students can write essays based on the theme of Yoga. This activity is intended to deepen students' understanding of the ancient practice and its modern-day significance. The students can share their essays with the teachers when the school reopens.
3. **National Yoga Quiz by the Ministry of Ayush**
Students are also encouraged to take part in the **International Day of Yoga 2025 Quiz**, hosted by the *Ministry of Ayush* in collaboration with *MyGov*. This initiative provides a valuable opportunity to enhance awareness about the science and philosophy behind Yoga.
➤ Link to Participate: <https://quiz.mygov.in/quiz/international-day-of-yoga-2025-quiz/>
4. **Namaste Yoga App**
The *Namaste Yoga App* offers a digital gateway to Yoga for all. We encourage students and parents to download the app to explore Yoga-related information, participate in virtual sessions, and track personal wellness goals.
➤ App Link: [Download Namaste Yoga](#)

We urge all students to actively engage in these enriching activities and embrace the essence of Yoga in their daily lives. Let us collectively take a step towards a healthier and more balanced lifestyle by making Yoga an integral part of our routine.

Together, let us make the celebration of International Day of Yoga 2025 impactful and inspiring.

Warm regards
Principal