



TSUS/2026-27/CIR/PAR/004

Date: 19-06-2026

A Celebration of Wellness and Fatherhood

"Strong roots, healthy habits, and grateful hearts lay the foundation for a brighter future."

Namaste!

Dear Parents,

Greetings from **The Shri Ram Universal School, Gandhidham.**

International Yoga Day and Father's Day provide an opportunity to reflect on the importance of well-being, gratitude, and meaningful relationships. As both these occasions fall on **Sunday, 21 June 2026**, the school will commemorate them through special activities to be conducted on **Monday, 22 June 2026**.

As part of the **Yoga Day celebration**, students of Grades 1 to 6 and staff will participate in a special yoga session conducted by **Ms. Neelam Ayachi**, a veteran Yoga Coach, who will guide them through simple yoga practices and share the importance of health, mindfulness, and overall well-being.

Instructions for Yoga Day:

- Students should have a light fruit and be well hydrated before coming to school.
- Students are required to carry a yoga mat and a napkin/hand towel.
- Socks are compulsory for all students.
- Girls are to tie their hair neatly in a ponytail.
- **Dress Code:** Blue/Black track pants and a White T-shirt.

As part of the **Father's Day celebration**, students will engage in a special creative activity that celebrates the invaluable role fathers play in their lives. Thus, parents are requested to send **one small photograph of the child with his/her father** for this activity (*preferred size 2.5x2.5 inches*). All other materials required for the activity will be provided by the school.

We look forward to a meaningful day that promotes wellness, gratitude, creativity, and joyful learning.

With warm regards and gratitude,

Shahrugh K Mehta

Principal