



Circular No. RIAH/017/AY 2024-25

Date: 01 June 2024

Dear Parents,

Warm greetings from Ryan International Academy, Hinjawadi!

“ Yoga is the journey of the self, through the self, to the self.”

We are delighted to invite you to join us in celebrating International Yoga Day and International Music Day at Ryan International Academy, Hinjawadi, on June 21, 2024. These two significant events hold immense importance in promoting wellness and harmony in our lives.

International Yoga Day, rooted in the ancient Indian language Sanskrit with 'Yuj' meaning 'union', signifies the unification of mind, body, and soul. Recognized by the United Nations since 2015, this day aims to raise awareness about the numerous benefits of practicing Yoga worldwide.

In conjunction with International Yoga Day, we are also honoring International Music Day, a day dedicated to appreciating the invaluable contributions of musicians and singers to our lives. To commemorate these special occasions, we have organized an engaging session of Musical Yoga for parents. This unique blend of music and yoga will take place from 06:15 to 07:15 in the morning at the school premises. We kindly request all parents to arrive at the school by 06:00 am.

Please note the following details:

Date: June 21, 2024

Time: 06:15 to 07:15 AM (Please arrive by 06:00 AM)

Venue: Ryan International Academy, Hinjawadi

Dress Code: Wear any comfortable attire

We encourage you to embrace this opportunity to learn and practice this wonderful way of leading a healthier and more balanced life.

Your participation will contribute to making this event a meaningful and memorable experience for everyone involved. We look forward to seeing you there!

Best Regards,

Sonika Kochhar Girotra
Principal