



Circular No. RIAH/024/AY 2023-24

Date: 19 June 2023

Dear Parents,

Warm greetings from Ryan International Academy, Hinjawadi!

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

Yoga has its base from the ancient Indian language Sanskrit; Yuj’ meaning ‘union’. It implies the meaning of unifying the mind, body and soul. Since 2015, International Yoga Day is celebrated every year on June 21. The United Nations has marked the day to raise awareness about the many benefits of practicing Yoga for people all over the world. The date was chosen because June 21 is the longest day in Northern Hemisphere. We are also

Ryan International Academy, Hinjawadi is celebrating International Yoga Day and International Music Day on 21st of June 2023.

It is also a day to honour the musicians and singers for the gift of music they have bestowed upon us. We have an interesting musical yoga inter house competition for students from grade 1 to 7, lined up to commemorate the day. The competition will be conducted during school hours.

Dress code- Sports uniform

Let us learn and practice this wonderful way of living a healthier life!

Best Regards,

Sonika Kochhar Girotra

Principal