

Ref. No.

Date: 5th August, 2026

YOGA ACTIVITY (III–V)

“Breathe with Calm... Stretch with Strength... Grow with Balance...”

Puran Murti Global School is pleased to organize a **Yoga Activity for students of Classes III to V**. This mindful and engaging activity is designed to promote **physical fitness, flexibility, concentration, and emotional well-being** while encouraging students to develop healthy habits from an early age.

The activity will provide students with an opportunity to practise simple yoga postures, breathing exercises, and relaxation techniques in a peaceful and disciplined environment.

Let Us Celebrate:

- Flexibility & Fitness
- Focus & Concentration
- Calmness & Positivity
- Discipline & Self-Awareness

Message for Students:

“Breathe deeply, stay focused, move mindfully, and let every yoga pose make you stronger and calmer.”

Our Commitment:

“To nurture healthy minds and active bodies through the practice of yoga, promoting balance, discipline, mindfulness, and holistic development.”

Let us make this activity meaningful and memorable as our young learners discover the joy of **healthy movement, mindful breathing, and inner balance**.