



**Bal Bharati**  
**PUBLIC SCHOOL**

Sector – 21, Noida  
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Circular No.19/2016-17

**CELEBRATION OF 2<sup>ND</sup> INTERNATIONAL DAY OF YOGA, 2016**

Dear Parent,

The United Nations has declared 21 June as the International Day of Yoga & it is celebrated worldwide since the year 2015.

‘Yoga’ is a Sanskrit word meaning ‘Union’ which uses breathing techniques, exercise and meditation to improve health and happiness.

As per the directives received from CBSE, the 2<sup>nd</sup> International Day of Yoga will be celebrated on 21 June, 2016 at Bal Bharati Public School, Noida. Students from Classes VI – XII are invited to attend mass yoga demonstration from 7-8 A.M. in the school premises. **Mrs Rani Negi**, P Ed Teacher, shall undertake the yogic exercises for demonstration and later a repeat by the students.

Staff if in town is requested to participate in the Yoga day celebrations.

Date : 16 June, 2016

**Asha Prabhakar**  
(Principal)

स्वच्छ भारत  
एक कदम स्वच्छता की ओर

- VPL /HM (Sr) / HM (Pr) / Mont I/C, A.O., Mr D Bist
- Website I/C, All staff (via e-mail)
- Ms Rumpa and Ms Rajni (for press report)