



Bal Bharati PUBLIC SCHOOL

Sector – 21, Noida
Phone : 0120-2534064, 2538533 / E-mail : bbpsnd@yahoo.co.in
Website : <http://bbpsnoida.balbharati.org>

Circular No 22/2018-19

Date : 18 June, 2018

INTERNATIONAL YOGA DAY

Dear Parent,

"Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body, thought and action, restraint and fulfillment, harmony between man and nature, a holistic approach to health and well-being".

On the occasion of **INTERNATIONAL YOGA DAY, BBPS Noida** is organising a Yog Demonstration session for the students and their families on **21 June 2018 at 7.00 am in School grounds**.

Let us come together and resolve to change our lifestyle and create consciousness which can help all of us discover the sense of oneness within our ourselves, the world and the nature.

Group Yoga Demonstration based on Common Yoga Protocol (CYP) will be the centre-piece of activities related to the International Day of Yoga. The Asanas and practices forming part of the CYP have been codified in such a way so as to yield the maximum health and well-being rewards to a diverse group of people from different profiles of health and age etc.

Let us all work unanimously towards adopting a healthier lifestyle.

Asha Prabhakar
(Principal)

स्वच्छ भारत
एक कदम स्वच्छता की ओर

PS : To promote the adoption of CYP, the Ministry of AYUSH, Government of India has been sharing Yoga Prayer and Common Yoga Protocol videos on Social Media Platforms of Ministry of AYUSH.

The URLs for the Social Media Platforms are as follows:

1. <http://yoga.ayush.gov.in/>
2. <http://www.facebook.com/moayush/>
3. <http://twitter.com/moayush>
4. <http://www.instagram.com/ministryofayush/>

For Information

HM(PP)/HM (Pr) / HM (Sr) / VPL
School Website
A.O. & Admin Department