



Bal Bharati
PUBLIC SCHOOL

Sector – 21, Noida
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Website : <http://bbpsnoida.balbharati.org>

Circular No.23/2018-19

Date : 03 July, 2018

START A JOURNEY OF HEALTH AND HARMONY

(START YOUR YOG YATRA)

Dear Parents,

Under the aegis of Child Education Society and Mokshyatan Yoga Sansthan, Bal Bharati Public School, Noida proposes to hold Yoga sessions on Saturdays and Sundays.

Yoga not only helps to beat stress and life style diseases but also is a great way to harmonize body, mind and soul. This is an year long initiative not only for students, parents and staff but also for members of the neighbourhood communities.

Yoga sessions will be conducted by experts from Mokshyatan Yog Sansthan, a reputed organization dedicated to conserve the cultural and spiritual heritage of India through Yoga.

The details are as follows :

- Venue : School Grounds
- Days : Saturdays and Sundays
- Timings : 06.30 to 07.30 a.m.
- Fee : Free for all

Interested individuals are required to download the Registration Form from School website and submit the same to Mr Dinesh Bist, TGT (Physical Education) by 06 July, 2018.



**“WHERE THE VISION IS ONE YEAR, CULTIVATE FLOWERS.
WHERE THE VISION IS TEN YEARS, CULTIVATE TREES.
WHERE THE VISION IS ETERNITY, CULTIVATE PEOPLE”.**

Asha Prabhakar
(Principal)

स्वच्छ भारत

एक कदम स्वच्छता की ओर

Distribution

- VPL, HM (Sr), HM (Pr), HM (PP)
- All Staff (via e-mail)
- School Website, File