



Bal Bharati
PUBLIC SCHOOL

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Circular No.26/2019-20

Date: 11 June, 2019

21ST JUNE, 2019 INTERNATIONAL YOG DAY

Dear Parent,

Recognizing the pivotal role that Yog plays in creating a harmonious inner state of being, 21 June 2019 is being observed as **International Yog Day**.

To mark the International Yog Diwas, Sadguru Jaggi Vasudev of ISHA foundation has personally tailored an appropriate initiative to tackle the needs of today's world. A few simple yogic practices taking up a few minutes can increase an individuals' ability to handle stressful situations, raise productivity, efficiency action, restraint and fulfillment.

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

The Health and Wellness club of BBPS Noida in association with ISHA Foundation, Coimbatore; is organizing a 'Yoga Demonstration session' for the Staff, Students and their families on 21 June 2019 at 7.30 am to 9.00 am in the School Auditorium. The yogic exercises taught will be simple yet complete enough to engage the participants and prove their effectiveness.

The Asanas and practices 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.

Teachers, students and parents are requested to attend the session in large numbers. Participants are required to bring their own Yoga mats. The students, staff and Parents of sister units are requested to attend the same.

Let us all work unanimously towards adopting a healthier lifestyle.

Asha Prabhakar
(Principal)

स्वच्छ भारत

एक कदम स्वच्छता की ओर

Copy to :

- VPL, HM (Sr), HM (Pr), HM (PP)
- All Staff (via e-mail)
- School Website, File
- Sister Units (Delhi/NCR)
- Secretary, SMC
- Chairman, SMC

