



Circular No.-24/2020-21

Date: 20 June, 2020

Dear Students and Parents,

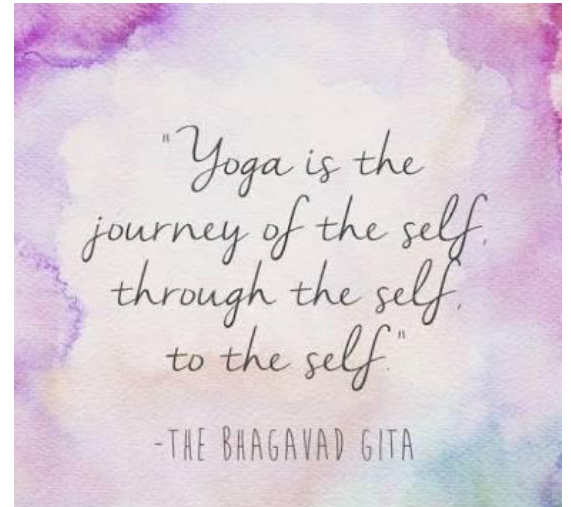
### **6<sup>TH</sup> WORLD YOGA DAY – 21 JUNE 2020**

Yoga is a physical, mental and spiritual practice which originated in India.

The idea of International Day of Yoga was first proposed by our Hon'ble Prime Minister Shri Narendra Modi, during his speech at the United Nations General Assembly (UNGA), on 27 September 2014. The International Day of Yoga has been celebrated annually on 21 June since 2015, following its inception in the United Nations General Assembly in 2014.

On the occasion of the sixth edition of International Yoga Day i.e 21st June 2020, the School has a host of collaborative activities chalked out for our students and their families

**This year due to social distancing measures adopted by most countries, the theme set by United Nations is "Yoga for Health – Yoga at Home".**



### **CLASSES PS -III**

The school has especially arranged an online Yoga Session for the Bal Bharati Parivaar. The session will be conducted by Mr Vivek Rajput, an eminent Yoga instructor from CRPF, currently working under the Ministry of Aayush, Govt of India.

Kindly note that the session will be conducted through ZOOM and the link for the online session will be shared on 20 June at 10.30pm. You are requested to join the session on 21 June at 7:00am.

[http://ycbidy2020.linkingroots.com/participants?teacher\\_id=T200617182229355550EZK01](http://ycbidy2020.linkingroots.com/participants?teacher_id=T200617182229355550EZK01)

Looking to a healthy and enriching participation.

**All Class teachers will join the session under the supervision of HM(PP)**

Coordination by Ms Rani Negi and Mr Vardhan Sharma

### **CLASSES IV AND V. IX AND X**

Students of the above mentioned classes to Celebrate International Day of Yoga & World Music Day with Routes 2 Roots along with their respective Class teachers from 8.00 am to 9.00 am under the Supervision of HM(Pr)

Coordination by Ms Nisha Ray and Ms Kavita Pandey

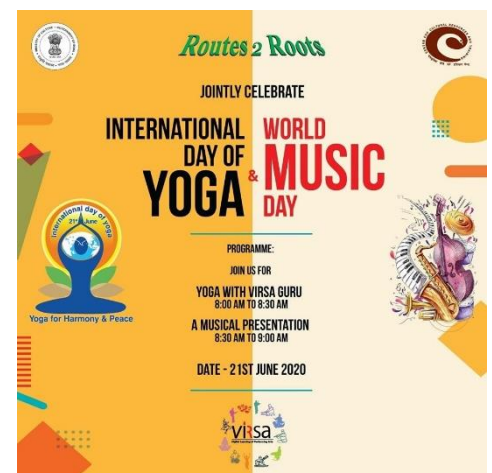
Celebrate International Day of Yoga & World Music Day with Routes 2 Roots in collaboration with CCRT and Ministry of Culture. Join us live for a soothing yoga session with our Virsa guru followed by a musical presentation on 21st June 2020, at 8:00 AM.

Stream live at –

Live Web : <https://www.routes2roots.ngo/.../jo.../admin18776819537827/79432>

Facebook: <https://www.facebook.com/Routes2RootsNGO/>

You Tube: <https://youtu.be/DYQTbhanbQI>



### **CLASSES VI TO VIII**

The school under the aegis of NPSC and Spic Macay will be a part of the Online celebrations of the International Yoga Day on 21 June 2020 at 07:30 am.

Shri Venkaiah Naidu, the Honorable Vice President of India, would be addressing the nation.

**All the Class teachers under the supervision of HM(Sr) will individually register themselves and give the number of students that she/he would be bringing forth to the inline celebration. Students will not require individual registrations.**

The google link (<https://forms.gle/bwdcdfz1remGvJsa6>) will be filled up by the Class teachers who would be representing BBPS Noida at this mega event.

Access links provided to the teachers will be shared with their respective students on 20 June 2020 at 10pm.

### **Classes XI and XII**

As per CBSE circular no. *CBSE/DIR./SE.& T/IDY/2020* in the backdrop of the Prime Minister's message to the nation (<https://youtu.be/WD6pRFpI4YQ>)

**Students, teachers and parents of classes 11 and 12 will perform the Common Yoga Protocol under the supervision of Vice Principal**

The 45-minute Common Yoga Protocol (CYP) ([https://www.youtube.com/watch?v=8ch8\\_AX-7ZU](https://www.youtube.com/watch?v=8ch8_AX-7ZU)) by AYUSH ministry is one of the most popular Yoga programmes across the world and includes safe practices to improve physical, mental, emotional and spiritual health of the population, which can be practised at home on a daily basis.

It is designed to be easily adoptable by the majority of the people irrespective of their age and gender and can be learnt through simple training sessions and online classes available on its social media handles, and television

[Mr Dinesh Bist to organise the event from 8.00 am to 9.00 am and share the links with Class teachers](#)

So let us all celebrate the 'Yog'-the union of our body and soul. This body has been so magnificently and artistically created by God, it is only fitting that we should maintain it in good health and harmony by the most excellent and artistic science of Yoga.

The students of Health and Wellness club and Quiz club have created basic quizzes for all the links are being shared below Do take an attempt and prove to the enthusiastic bunch of students that we are aware of one of our greatest gifts to the world.

- **Yoga Day Quiz**
  - <https://forms.gle/MsNVRaVqwEJ1Qs3L7>
  - <https://forms.gle/Cgh4WDEbg82nks987>
- **We also take pride in showcasing to the world our adept yoga exponents through this video - <https://youtu.be/Cllbx2298-Q>**

### **WORLD MUSIC DAY - 21 JUNE 2020**

Tomorrow we shall also be celebrating the World Music Day to bring some laughter and cheer to the mundane lives that we have been forced to live during the pandemic.

We invite all budding artistes, students and parents to join us from 6 PM to 7 PM tomorrow evening on Google meet The link will be shared by the respective Class teachers at 4 PM tomorrow evening.

**The event will be coordinated by Mr P Pallavi, students wanting to showcase their talent may give their names to Ms Shumona latest by 10 AM tomorrow morning.**

We urge our students to break out of monotony and come forward to play music, sing songs and create the fun moment.

### **ANNULAR SOLAR ECLIPSE - 21 JUNE 2020**

On June 21, 2020, the entire world is going to experience a wonderful Astronomical event i.e. an Annular Solar Eclipse. The "VIRTUAL ECLIPSE CHASE" of the eclipse will be covered from various locations across the world. Instead of the ongoing COVID-19 Pandemic, affecting the entire world, SPACE India is going to assure that everyone must experience the phenomenal celestial event.



[Live streaming will start from 10:30 AM, also follow the link to learn more about the eclipse and to watch the live coverage from various locations across the world online: https://youtu.be/cfgR2xc5S0s](https://youtu.be/cfgR2xc5S0s)

The Annular Solar Eclipse will take place on a narrow "path of annularity" across Africa and Asia. It will be visible at sunrise in the Congo and the Democratic Republic of Congo, then as a higher-in-the-sky spectacle in South Sudan, Ethiopia, Eritrea, Yemen, Oman, south of Pakistan and all the way to northern India, Tibet, China; and Taiwan. Observers will see a ring around the sun for a maximum of about one minute — making it the shortest and the deepest annular solar eclipse of 2020.



This eclipse will be the last Solar Eclipse that will be visible from India as there will be no solar eclipse happening before the year 2034.

In this particular eclipse, the Moon is at a farther distance from Earth thus unable to cover the complete disc of the Sun. During the maximum eclipse when the moon is in front of the sun it will cover the central part of the Sun but the edges of the sun will be seen as a ring around it. These eclipses which are Annular are more popularly known as Ring of Fire eclipses.

### Important Information related to the Annular Solar Eclipse

The Eclipse will be beautifully visible from Delhi. The complete eclipse will be of 3 hours 28 minutes. For specific details:

**Start time of Eclipse: 10:20 AM**

**Maximum time of Eclipse: 12:01 PM**

**End time of Eclipse: 13:48 PM**

A word of caution to all the people that this Eclipse cannot be seen through naked eyes as Sun will not be fully covered making it the responsibility of each and every individual to make sure that no one should see the eclipse directly. This will be the dawn of a new era in India and create history. It will be a statement that India is progressive and does not anymore fear eclipses while the traditions are always valued in spirit and form.

### **WORLD FATHER'S DAY - 21 JUNE 2020**

Last but not the least

**" A father is neither an anchor to hold us back nor a sail to take us there, but a guiding light whose love shows us the way."**

Wishing all the Dads with fondest affection on the occasion of 'World's Father's day'



Stay healthy, stay safe

Regards

### Distribution

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*Asha Prabhakar*

**Asha Prabhakar**  
(Principal)

स्वच्छ भारत  
एक कदम स्वच्छता की ओर