ION No.05/2019-20   Date : 14 June, 2019

HEALTH AND WELLNESS CLUB

INTERNATIONAL YOG DAY- 21ST JUNE, 2019

- 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. 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 duties and responsibilities for the event are as under:

S. NO	DUTY AREA	ACTION	Cease Action
01	Auditorium Cleaning & Placing of mats	Mr. Hussain, Mr. Vardhan Sharma, Ms. Rani Negi	20. 05. 19 01.00 p.m.
02	Mike, projector & Screen	Mr. Dinesh Bist, Mr. Narendra, Mr. Sandeep	20. 05. 19 01.00 p.m.
03	Placing of Plants	Mr. Srivastava, Mr. Badri Dutt	20. 05. 19 01.00 p.m.
04	Banner / Poster	Mr. D. Bist, Mr. Deepak Rana	20. 05. 19 01.00 p.m.
05	Welcome Memento/ Planters	Vice Principal, Mr. Badri Dutt	20. 05. 19 01.00 p.m.
06	Hospitality	Ms. Kamleshwari, Ms. Maya	21. 05. 19
07	Liaison for ISHA Volunteers	Ms. Vidhi Oberoi	21. 05. 19
08	Welcome Note	Ms. Rumpa B	21. 05. 19
09	Thank you note	Ms. Deepa Prabhakar/ Mr. YR Malik	21. 05. 19
10	Photography & Videography	Mr. Jitendra Pant / Ms. Abha Bhardwaj	21. 05. 19
11	Press Release	Ms. Deepa Prabhakar Ms. Rajni Gathania	21. 05. 19
12	Drinking Water Arrangements for proper attending	Mr. Om Pal, Ms. Geeta, Ms. Leela	21.05.19
13	Report Drafting/ Uploading on website	Ms. Vidhi Oberoi/ Mr. J.M Pant	22. 05. 19

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

Let us all work unanimously towards adopting a healthier lifestyle.

Asha Prabhakar
(Principal)
स्वच्छ भारत
एक कदम स्वच्छता की ओर

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