

19.06.21

ABHYUTHANM – ELEVATING THE SELF

"Yoga is the journey of the self, through the self, to the self." -- The Bhagavad Gita

Dear Students and Parents

A harmonious spirit sails through life calmly, blissfully and profitably. A few minutes of yoga everyday can help us alleviate anxiety, stress and strain. It is the perfect antidote to the ills of modern-day lifestyle. We at Bal Bharati Public School, GRH Marg are committed to help you achieve the finest state of health and well-being. We strive each day to ensure the embrasive development of our students.

In furtherance of this mission, the school is pleased to announce the celebration of 7th International Yoga Day on Monday, 21 June 2021. Due to the pandemic situation, the celebrations will be carried out through the virtual medium. We believe this screening will fulfil our spiritual need to unite as we did before the isolation caused by the global pandemic.

We invite you to join us in the celebrations at 7:30 am on Monday, 21 June 2021 on the official Google Classroom/ Microsoft Teams account. The link for the same will be shared with you on the platform. The energizing yoga session will commence at 8:00 am sharp. Further, you are required to record a short video and click pictures of you practising yoga with your family and share the same on class WhatsApp group. Watching you become a part of the school's global initiative, will surely add up to the magnificence of the grand occasion. Also, your valuable feedback has always helped the school to achieve greater heights. Hence, your effort of filling up the feedback form shared in the Google Classroom on that day, will be highly appreciated.

We hope this endeavour will expand your expertise, fuel your creativity and broaden your horizons.

L V Sehgal
Principal