

20.6.2021

ABHYUTHANAM- ELEVATING THE SELF

7th International Yoga Day

Bal Bharati Public School, GRH Marg comes together to celebrate 7th International Yoga Day on Monday, 21 June 2021 at 7.30 am on the official Google Classroom & Microsoft Teams platform. This global fitness initiative aims to help you achieve physical fitness, tranquillity of the mind and create a sense of well-being.

The link for the enlightening yoga session is as follows: <https://youtu.be/cN0vubqWVzw>

Wishing the best of health and heartiness!

L V Sehgal
Principal