

Circular No.34 / BBPS Pry, PR

PRIMARY DEPARTMENT
PUSA ROAD CAMPUS

INTERNATIONAL YOGA DAY21 June 2023

“Yoga is bringing fitness in body, calmness in mind, kindness in heart and awareness in life.” – Amit Ray

Dear Students and Parents

The path to lead a simple, serene and significant life is through the transcendental act of yoga. Regular yoga practice creates mental clarity and calmness, increases body awareness, relieves chronic stress patterns, relaxes the mind, centres attention, and sharpens concentration. We, at Bal Bharati Public School, GRH Marg, are committed to help you achieve the finest state of health and well-being. We aim to foster a healthy mind and body in our learners.

With an objective of achieving the ‘Good Health and Well Being’, the school is pleased to announce the celebration of 9th International Yoga Day on Wednesday, 21 June 2023. We invite you to join us in the celebrations on Wednesday, 21 June at 7:30 am in the school assembly ground. The energizing yoga session will commence at 7:45 am sharp.

Watching you become a part of the school’s global initiative, will surely add up to the magnificence of the grand occasion.

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

Regards

