

Ref. No. BBPS/KHW/2024-25/05

Date: June 19<sup>th</sup>, 2024



INTERNATIONAL YOGA DAY CELEBRATION

"Yoga is a light, which once lit, will never dim. The better your practice, the brighter the flame."



Dear Parents & Students

Greetings from Bal Bharati Public School, Khandwa!

We are thrilled to announce an exclusive Yoga session at our school in honor of International Yoga Day. This auspicious event will be guided by the esteemed Swami Purnanand Ji from Siddh Kshetra Nityanand Ashram, Omkareshwar, renowned for his profound wisdom in yoga and spirituality.

**Details of the event:**

- **Date and Time:** International Yoga Day, 21<sup>st</sup> June, 2024 from 6:00 am to 7:00 am.
- **Venue:** School ground  
**Attire:** Students of PS & PP and classes I - V are required to come to school in their uniform. Students of classes VI – VIII may wear comfortable clothes for the yoga session and bring their uniform to change into afterwards.
- **School Timings:** The school timings will be from 6:00 am to 12 noon.

**Parent Participation:**

- Parents are cordially invited to join us for the yoga session.
- Due to the early morning timings, we understand that preparing lunch might be challenging. Therefore, parents may drop off lunch boxes for their children by 9:00 AM. However please ensure to send a fruit box along with your ward in the morning itself.
- Students and parents are requested to bring hand towels, yoga mats, and water bottles for their convenience.

This initiative aims to nurture both physical vitality and mental well-being among our students through the ancient art of yoga, instilling lifelong habits of wellness and balance. Your enthusiastic participation will greatly contribute to the success of this event. Together, let's embark on this journey towards holistic health for our children.

Regards



Jyoti Gupta  
Principal  
19/06/2024

Bal Bharati Public School Khandwa