



Email: bbpsnb@balbharati.org

June 04th, 2021

Information about Virtual Yoga Session

Circular No. bbpsnb/cir/2021-22/0018

Dear Students and Parents

Greetings !!

On the occasion of International Yoga Day, we are organizing a series of virtual Yoga sessions (link will be shared separately) from 7th June till 21st June. You are cordially invited to attend the sessions wholeheartedly and take the benefits of Yoga to stay fit and healthy.

Details of Sessions are:

Date	Timings	Name of the Asana	Performer	Explainer
07/06/2021 Monday	07.30 am - 08.30 am	Opening ceremony by guest speaker Dr. Rajeev Kumar, Associate Professor, DRP Central Agricultural University, Pusa		
08/06/2021 Tuesday	07.30 am - 08.00 am	Surya Namaskar	Shivani Dwivedi	Bhoomi Singh
09/06/2021 Wednesday	07.30 am - 08.00 am	Trikonasana, Tadasana	Gargi Singh	Nimisha Bhattacharya
10/06/2021 Thursday	07.30 am - 08.00 am	Garudasana, Ardhchakrasana	Anvesh Singh	Shivani Dwivedi
11/06/2021 Friday	07.30 am - 08.00 am	Vrikshasana, Padhastasana	Tarun Singh Chauhan	Nimisha Bhattacharya
12/06/2021 Saturday	07.30 am - 08.00 am	Shashankasana, Paschimotanasana	Nisha Singrole	Muskan Patel
14/06/2021 Monday	07.30 am - 08.00 am	Goumukhasana, Parvatasana	Muskan Patel	Nisha Singrole
15/06/2021 Tuesday	07.30 am - 08.00 am	Bhujangasana, Salbhasana	Yuvraj Mishra	Bhoomi Singh
16/06/2021 Wednesday	07.30 am - 08.00 am	Nakulasana, Ushtrasana	Nimisha Bhattacharya	Shivani Dwivedi
17/06/2021 Thursday	07.30 am - 08.00 am	Anulom Vilom, Bhramari Pranayam	Bhoomi Singh	Bhoomi Singh





Bal Bharati PUBLIC SCHOOL

Neelbad, Bhopal

An Institution of Child Education Society (Regd.)

18/06/2021 Friday	07.30 am - 08.00 am	Kapal Bharati, Sitkari Pranayam	Sumit Verma	Sumit Verma
19/06/2021 Saturday	07.30 am - 08.00 am	Sitali, Ujjayi Pranayam	Niharika Singh	Niharika Singh
21/06/2021 Monday	07.30 am - 08.30 am	The closing ceremony followed by an online quiz.		

With Best Regards
Mr. Akhawari Nil Kishore Sinha
Principal

