



BBPSNB/OFF/2023-24/0017

Date: 20.06.2023

**INTERNATIONAL YOGA DAY CELEBRATION**

Dear Students,

We are pleased to inform you that our school will be celebrating International Yoga Day on 21 June 2023. This is an excellent opportunity for all of us to come together and experience the numerous benefits that yoga has to offer.

Details of the event are as follows:

Time: 7:50 am

Venue: Assembly area

Yoga is a holistic practice that helps to improve flexibility, balance, concentration, and overall fitness. It also promotes relaxation, stress reduction, and mindfulness.

To make the most of the event, we kindly request all participating students to adhere to the following guidelines:

1. Come dressed in house uniform suitable for physical activity.

Arrive on time to ensure a smooth start to the program.

2. Follow the instructions of the yoga instructors for your safety and well-being.

3. Respect the space and others' practice by maintaining a calm and focused environment.

We look forward to your enthusiastic participation and an enriching experience on International Yoga Day.

  
A.N.K. Sinha  
Principal  
20/06/2023