



BBPSRH/PARENT/2021-22/20

6 June 2021

Yoga Fest

“Yoga is the journey of the self, through the self, to the self.”

-The Bhagwad Gita

Dear Parents,

As advised by the DOE Circular no. DE23(3)SCH.BR/2021-22/238 dated 19 April 2021, the school had rescheduled the Summer vacations. In accordance with the guidelines, **the online classes shall resume from 10 June 2021.**

The restrictions, panic over the risk of infection and continuous flow of negative news has upended students' lifestyle. As we battle the Covid-19 pandemic on a war-footing the resulting stress and insecurity among children is quite obtrusive. There is a need to incorporate mindfulness to help combat their blues. Mental health of the students is of utmost importance during these challenging times. Realising Yoga as the ideal fitness regimen, the school had decided to celebrate **Yoga Fest from 14 June 2021 to 21 June 2021.**

Yoga has a nurturing effect on a child's growth and promotes a unique blend of relaxation, mind-body healing, and physical development. Commencing from Monday, 14 June 2021, the six days virtual festival will culminate with International Yoga Day celebrations on 21 June 2021. In collaboration with experts in various fields, a plethora of activities to mark the relevance of yoga in the present times, will be conducted. All the activities of the Yoga Fest will be discussed with the students a day prior to the scheduled date. Sessions on Google Meet will be under the supervision of the teachers.

A detailed schedule for the Yoga Fest, specific to each department, will be shared shortly.

Activity Calendar for the month of June has been uploaded on the school website. The Planner highlights all the activities and important days to be celebrated during the month.

Seeking your co-operation to make it an enriching experience.

GeetaGangwani
Principal