

### Sewing Lessons and Yoga

**Dear Parents,**

BBPS, Rohini believes in teaching the skills that the students will carry with them throughout life. Sewing is a great hobby that gives one a sense of accomplishment of being able to make something on your own. Sewing not only enables one to create beautiful heirloom items that can be passed down but is an important life skill and teaches self-confidence through skill-building. Sewing helps to develop fine motor skills, improves focus and concentration and teaches the importance of patience and self-control.

Yoga also plays an important role at every stage of life which helps in relaxing body mind & soul. Yoga is known not only to improve posture, increase flexibility, strengthen bones and muscles, enhance immunity, elevate happiness, focus and concentration but also reduces stress and regulates blood pressure levels.

**The School is organizing Sewing Lessons and Yoga sessions for mothers of our students in the school premises from 23 May to 30 May 2022 as per the schedule mentioned:**

**Activity**

Yoga

Sewing

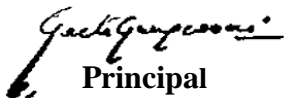
**Timings**

9:30a.m.-10:30 a.m.

10:45 a.m.-11:45 a.m.

Day	Sewing Lessons	Yoga Sessions
Day 1	1 Know the machine 2 Sew on paper / fabric 3 Create a shopping bag or a mobile pouch	Om Chanting, Yogic Breathing, Practice Yogic Kriya ,Tadasana, Paschimotanasana, Setubandasana, Ujjayi Pranayam
Day 2	1. Learn how to blind hemm: Hemming 2.Create Shrug 3. How to attach zippers	Suryanamaskar, Trikonasana Parsvakonasana, Shalabhasana, Savasana, Kapal Bhati Parnayama
Day 3	How to make a Multipurpose zipper pouch	Veerbhadradasana, Paschimotanasana, Uddiyan Bandh,Dhanurasana, Savasana
Day 4	1.Sewing on lace 2. Rolled hemming 3. how to sew a button hole and fix 4. Learn to sew three cords – cording 5. Learn binding to avoid fraying	Padhastasana, Gomukhasana, Ustrasana,Adhomukhsanasana, Anulom-Vilom Pranayama
Day 5	Learn darning and free motion embroidery	Ardhmatyendrasana, Navasana , Viprit Karni Aasana , Sitakari Pranayama
Day 6	Make a bean bag from saree	Badhakonasana, Padangusthasana , Yog Nidra , Bhamari Pranayama
Day 7	1. Learn gathering 2. Create a gathering stole	Om Meditation

**Sewing classes** will be held in collaboration with Primary Plus and **the nominal registration fee for the same is Rs. 2500/- per person.** Each batch will have maximum 20 participants. **The nominal registration fee for Yoga sessions is Rs. 1500/- per person.** Those interested must deposit the cheque in favour of **Bal Bharati Public School, Rohini** through their wards with the class teachers latest by **10 May 2022.**



**Principal**

I \_\_\_\_\_, m/o \_\_\_\_\_ of class \_\_\_\_\_ give my consent to join Summer Camp for  
Activity 1) \_\_\_\_\_ 2) \_\_\_\_\_ and hereby send cheque \_\_\_\_\_ for it.

**BAL BHARATI PUBLIC SCHOOL, ROHINI**

**IDENTITY CARD**

**SUMMER CAMP (2022-23)**

Mother's Name:

Name of the Child:

Class & Section:

Mobile No. :

Name of the Activities 1) \_\_\_\_\_ 2) \_\_\_\_\_