



BBPSRH/Parent/2024-25/16

7 June 2024

Dear Parents and Students,

"Yoga is the golden key that unlocks the door to peace, tranquility, and joy." - B.K.S. Iyengar

As we gear up to celebrate the International Day of Yoga, we invite you to be a part of our special video project!

We would like you to create a short video, not exceeding 45 seconds in length, that showcases your yoga practice in a tranquil green environment such as a park or any lush green area. To ensure uniformity, please wear white sports attire during your practice.

Your video will not only serve as a testament to your dedication to yoga, but it will also inspire others to embrace this ancient practice for physical and mental well-being. Let us unite as a community and spread the joy of yoga on this International Day of Yoga!

Please follow the shared sample video. Video must be recorded in landscape, add some soft instrumental music, begin the video with your name along with the asana being performed (5 seconds), thereafter begin performing your yog asana and after 10 seconds please list the benefits of the asana at the base of the video.

Note: A small introduction and benefits of yoga to be added before yoga poses (sun salutation only).

The compiled video is to be uploaded on facebook / instagram / twitter/ linked in account of student's parent or students themselves with #namaste for humanity latest by 16 June 2024. After uploading the video the school must be tagged on all social media accounts.

Facebook : <https://www.facebook.com/share/FmAzvCQKjk1dPkMh/?mibextid=qi2Omg>

Instagram :

https://www.instagram.com/bbps.rohini.official?utm_source=qr&igsh=MTRiMW93YzNhOWF4cQ==

The social media link used to post the media should be shared with the class teacher after posting the video.

Regards

Team BBPS RH

