



Dt. 06.06.2021

Dear Parent

Greetings!

"Yoga is a light, which once lit will never dim!"

The 7th International Day of Yoga will be celebrated on 21st June, 2021. It has been tried and tested that practicing Yoga helps in the development of stronger physical and mental well being. The simple Yoga Kriyas help in regaining the sense of control and enables mind and body to provide tools for better management of anxiety due to situation beyond control.

For the same our school is organising yoga workshops for 15 days, starting from 7th June, 2021 to 21st June, 2021 from 8 am to 8.20 am for parents, students and staff members through our youtube channel.

<https://www.youtube.com/channel/Uckl8PMQDAWc3fR4V-eQrEgQ>

We eagerly look forward for your maximum participation.

Stay safe, stay healthy.

Thanks and Regards

Harsh kumar

Principal