



Bal Bharati PUBLIC SCHOOL M A N E S A R

INTERNATIONAL YOGA DAY

The School curated Yoga videos comprising of a signature asana along with its benefits based on physical, mental and emotional wellbeing. These videos were shared with the students and parents consecutively for ten days, from 12th to 20th June, 2023 culminating on the International Day for Yoga on 21st June with a live streaming of a yoga session for the stakeholders.

Bal Bharati
PUBLIC SCHOOL
MANESAR

INTERNATIONAL YOGA DAY

BBPSMN || YOGA DAY
BAL BHARATI PUBLIC SCHOOL, MANESAR
INTERNATIONAL
YOGA
DAY
Watch on YouTube

Day 2- Yoga- Physical & Mental Well-Being (2023)
Watch on YouTube

Day 3- Yoga-Physical & Mental Well-Being (2023)
Watch on YouTube

BAL BHARATI PUBLIC SCHOOL MANESAR

0:02 / 3:05