

## **Bal Bharati Public School, Navi Mumbai**

Date: 18.06.2021

### **Subject: International Yoga Day**

Dear Parents,

Yoga is a physical, mental and spiritual practice which originated in India. The International Day of Yoga has been celebrated annually on 21st June.

To observe this day, School is organizing online yoga session for parents on **19.06.21 (Saturday) and 20.06.21 (Sunday)** to convey the message of keeping mind and body fit through asanas. Professional instructors will be taking these sessions.

### **Following are the details of the session:**

Sr. No.	Recipient	Date	Day	Timing	Source
1.	Parents	19.06.2021 & 20.06.2021	Saturday & Sunday	9:00 – 9:40am	G-meet Link as per your language convenience

Session will be taken in three different languages (Hindi, English and Marathi). Parents can enroll for any one of these session as per their language preference.

### **Important Points:**

- Parents can complete the registration through their wards official email ID.
- Once the registration is completed you will get participation meet link on your wards official email ID which should not be shared with anyone.
- Reservation will be completed on first serve basis as we have limited seats of 90 per session.

### **Mentioned below are the links for each session as per language:**

#### **English**

<https://docs.google.com/forms/d/e/1FAIpQLSfS6gNtQA11vbqHcHpUar2fmGgltSS1Pe8TMR91RGYytpvYvA/viewform>

#### **Hindi**

[https://docs.google.com/forms/d/e/1FAIpQLSd5H9YuXbBgQUKhCoyZlo9ZZFu\\_Jxlq3CdOKL95d\\_Jgpq0yUA/viewform](https://docs.google.com/forms/d/e/1FAIpQLSd5H9YuXbBgQUKhCoyZlo9ZZFu_Jxlq3CdOKL95d_Jgpq0yUA/viewform)

#### **Marathi**

[https://docs.google.com/forms/d/e/1FAIpQLSfBF3Kiq9rn7w1KVohr0L0RqaJi-eU5\\_e61t2FKubBUUnypLg/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfBF3Kiq9rn7w1KVohr0L0RqaJi-eU5_e61t2FKubBUUnypLg/viewform)