

Circular No. GDGPSB/2021-22/25

Date: June 16, 2021

G D GOENKA PUBLIC SCHOOL, BAHADURGARH
International Yoga Day
Pre-Nursery to Grade X

Dear Parents

“The nature of yoga is to shine the light of awareness into the darkest corners of the body.”

Jason Crandell

Yoga is a physical, mental and spiritual practice which originated in India. The idea of International Day of Yoga was first proposed by our Hon’ble Prime Minister Shri Narendra Modi, during his speech at the United Nations General Assembly (UNGA), on 27 September 2014. The International Day of Yoga has been celebrated annually on June 21 since 2015, following its inception in the United Nations General Assembly in 2014.

In an endeavor to celebrate the 7th International Yoga Day, G D Goenka Public School, Bahadurgarh is organizing Online Yoga Session on June 21, 2021 emphasizing the theme of the 2021 celebration “**Yoga at home and Yoga with Family**” which focuses upon telling people to stay motivated at home and adopt a healthy lifestyle by doing exercise and yoga.

The online session will be conducted at 8:00 am on Zoom. Use the following Meeting ID and Password to join the session.

Grade	Facilitator	Meeting ID and Password
Pre-Nursery to II	Ms. Shelza Vats	ID: 86412319052 Passcode: 1234
III to V	Mr. Mohit	ID - 77101879311 Password - 1234
VI to X	Mr. Darshan Deswal	ID: 752 1597 0027 Passcode: 12345

Looking forward to a healthy fruitful session!

Regards

Principal