



BALMOHAN VIDYAMANDIR

International Yoga Day Celebration

NURSERY

June 22, 2020

Dear Parents,

June 21, is observed as the International Day of Yoga since its inception in the year 2015.

As we all know, Yoga's holistic approach to health, both physical and mental, has found favour globally. This ideal is particularly pertinent in today's chaotic world, where we all have to look within ourselves to maintain our own equilibrium.

June 21, is also the day that Balmohan Vidyamandir English Medium started its journey 21 years ago, in the year 1999. Our mission to provide an environment of stress-free learning for all our students continues, as we wait to emerge safely on the other side of the Covid -19 pandemic.

Every year we observe International Yoga Day at School with great enthusiasm. The Covid -19 pandemic has pushed the celebrations of International Yoga Day 2020 to our homes. Yoga for children has tremendous benefits. It increases their muscle flexibility and gives muscle strength. You could start with simple warm up exercises, some animal poses which they can relate to and basic breathing exercises. You along with your child can enjoy this beautiful moment together.

Let us come together for "Yoga for Health - Yoga at Home" - a theme which has been set by the United Nations this year.

Thanking you

Chitra Barve

Incharge Preschool Section

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