



BALMOHAN VIDYAMANDIR

INTERNATIONAL YOGA DAY

Std IV

June 21, 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. However, we will carry on unabated - this year, let us celebrate together - Students, Teachers, and Parents, for a week - long celebration.

Please find below the time, meeting link and ID to join the Yoga Session for Std IV.

Yoga Session for Std IV:

Date & Day : June 22, 2020, Monday

Time : 9:00 am

Meeting ID : 933 5794 6181

Password : 0DcTj2

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
Babita Penta
Headmistress

Computer generated email. Signature not required.