

# BIHANI ACADEMY

SESSION: 2021-2022

Circular: BHAC/ACAD/021/014

7th June, 2021

Dear Parents,  
Greetings from Bihani Academy!

As it is known, "Yoga is the journey of the self, through the self, to the self". So, on the occasion of 7<sup>th</sup> International Yoga Day, the school has organized a session on Yoga for the development of stronger physical and mental well-being of the students on the **21<sup>st</sup> of June, 2021** aligned with the CBSE directives on the same.

## Class I to VI

MCQ questions on Yoga will be sent to them in the Quiz Section of MS Teams on 20<sup>th</sup> of June, 2021, and students will have to submit their answers by the 21<sup>st</sup> of June, 2021 by 12p.m. in the same section.

## Class VII to XII

Online Yoga session will be conducted.

**Platform** : Yoga International Day Channel (MS Teams)

**Time** : 7.00 a.m. to 8.00 a.m.

**Activities includes** : Asanas, Pranayam, Meditation

### **Please Note:**

- ✦ Students to be dressed in their PT uniform, if not then a White T-Shirt and Black track Pants.
- ✦ Students should use yoga mats if possible.

Looking forward to your whole hearted participation.

Regards,  
Bihani Academy