

A Co-educational +2
English Medium School
Affiliated to CBSE, New Delhi
Affiliation No. 1730554



BAGARIA BAL VIDYA NIKETAN

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BBVN/Circular/2020-21/02

Date: 17th June, 2020

CIRCULAR NO. 02

Dear Parent's,

We are pleased to announce that Bagaria Bal Vidya Niketan is going to organize a mega yoga fair for four days starting from 18th June, 2020 to 21st June, 2020, it is an open fair divided in three age group categories.

- Group A :- 07 Yrs to 10 Yrs. send the entries on this contact no. **9799131940**
- Group B :- 11 Yrs to 14 Yrs. send the entries on this contact no. **8107456028**
- Group C :- 15 Yrs to 18 Yrs. send the entries on this contact no. **8764313038**

Interested candidates may enroll by sending their consent along with their age proof through WhatsApp on 17th June, 2020 by 5:00 pm.

Schedule for the programme :-

Date	Group-A	Group-B	Group-C
18June, 20	Yogic Breathing Exercise, Poem Recitation	Yogic Breathing Exercise, Speech	Yogic Breathing Exercise, Debate
19June, 20	Surya Namaskar, Aasana	Surya Namaskar, Aasana	Surya Namaskar, Aasana
20June, 20	Yogabhyas, Pranayam	Yogabhyas, Pranayam	Yogabhyas, Pranayam

Introductions:-

1. All exercise must maintain at least for 10 sec. (Except Surya Namaskar)
2. Poem recitation & speech will be based on importance of yoga & meditation.
3. Topic of debate :-
 - वर्तमान परिपेक्ष्य में योग व आर्युवेद को अन्य विषयों के भांति अनिवार्य शिक्षा क दर्जा दिया जाना आवश्यक है।
4. Yogabhyas :-
 - Compulsory :- अर्द्धकटि चक्रासन, अर्द्ध चक्रासन, वक्रासन, पादहस्तासन, त्रिकोणासन, पद्मासन
 - Optional (Any Three) :- वृश्चिकासन, पूर्ण धनुरासन, पूर्ण चक्रासन, मयूरासन, पूर्ण मत्छेन्द्रासन, पश्चिमोतानासन, भुजंगासन, बद्धपद्मासन, राजकपोतासन, हनुमानासन/ पक्षीयासन (At least for 20 Sec.)
5. You may send your performance through WhatsApp or share the link of YouTube on WhatsApp.
6. Your video must not exceed the limit of 3 minutes.
7. Your video must be sent by 5:00 pm on the concerning dates.

Note:-

There will be a live session of yoga & meditation on **21st June from 6:00 am to 7:00 am on BBVN online channel**. In which the expert will guide you the basic of improving immune system so that our body can early resist the viruses like corona.

You all are requested for the goodness of yourself, your family members and your loved ones. So join us in maximum numbers.

Thanks & Regards

Madhulika

(Mrs. Madhulika Mishra)

Principal