

OFFICE ORDER

CIR/NPS/2023-24/25

Date: 20.06.2023

Dear students

"Yoga is journey of the self through the self to the self"- Bhagwat Gita

Yoga is a fun way to relax, helps in improving the attention span and encourages the connection between mind and Body.

To celebrate International Yoga Divas on 21st June, Noida Public School is organising an online Yoga session on Zoom app.

▶  It is compulsory for all the students to join the yoga session on zoom.

▶  Background should be in open space.

▶  Attire-Track Suit/ lower and white t-shirt.

▶  Timing : 7:55 -8:40 am

Topic: Yoga Day 2023 -24 (Class: Nursery to V)


Time: Jun 21, 2023 08:00 AM Mumbai, Kolkata, New Delhi

Join Zoom Meeting

<https://us04web.zoom.us/j/76712411944?pwd=jvxsJ9BZRKk1dHMFf6WyonkhsWbRvJ.1>

Meeting ID: 767 1241 1944

Passcode: t7kgMG

Join through the zoom link 

Regards

Noida Public School