The BGES School (ICSE)
12B Heysham Road
Kolkata 700020

Notice for International Yoga Day

Yoga is a physical, mental and spiritual practise attributed mostly to India. 21st June is celebrated as International Yoga Day. To commemorate this day school is organising a Yoga session for students from classes 5 to 10.

Session will begin at 0700hrs.

Students interested may enrol their names to respective class teacher by Friday 16th June. Class teachers to submit to HM latest by 1430hrs Friday 16th June.

Participants will have to come in their track pants and T-shirt and thereafter will be allowed to continue school in the same clothes. Yoga mat/mat/bathing towel/sheet to spread and do yoga will be required to be brought. All teachers interested may please send names to HM. Participants will be provided with light refreshment after the session.

Brij Bhushan Singh
Headmaster

14 Jun 2017