



**Bal Bharati**  
PUBLIC SCHOOL  
LUDHIANA



04.04.2022

## “Yogalates”

*The greatest gift you can give your family and the world is a healthy you.*

World Health Day is celebrated on 7th April every year to raise awareness about the overall health and well-being of people across the world. It is celebrated with vigour and enthusiasm to make people aware about the benefits of being healthy.

BBPS is conducting an activity ‘Yogalates’ for the students of class VI to celebrate World Health Day under the guidance of Mr. Sanjeev Tyagi (Yoga Instructor).

**Date:** 7.4.2022

**Venue:** Basket Ball Court

**Dress code:** Black Track Pants and Comfortable White T-Shirt.

All the students need to carry Yoga mats and Water bottle.

The activity is mandatory for all the students of Class VI.

BBPS

