Bal Bharati PUBLIC SCHOOL JUNE ACTIVITIES PRE PRIMARY FATHER'S DAY (18.06.2021)

The children of Pre-Primary celebrated Father's Day on 18th June 2021, Friday. They were engaged in a quiz titled *'Do You Know Your Dad?'* This was followed by a free hand drawing and coloring activity. They were suggested to gift this piece of art to their father. A conversation was made on how the children would make this day special for their father.



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INTERNATIONAL YOGA DAY (21.06.2021)

International Yoga Day was celebrated on 21st June 2021. All the Pre primary children and the teachers collectively did yoga during their virtual session. The session started with a brief discussion about the importance of doing yoga, theme of this year's yoga day – Be at home, be with Yoga! incorporating yoga in our daily life, etc. Om chanting was done a couple of times. All the children and the teachers did a few yoga asanas laying more focus on the breathing exercises. Children were encouraged to do breathing exercises regularly to stay fit and active during this pandemic. At last, the children were helped to meditate and they were guided about the benefits of doing it on a regular level.



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