



“What we once enjoyed and deeply loved, we can never lose, for all that we love deeply becomes a part of us.” Helen Keller

Dear Parents,

Bal Bharati Public Schools commemorate the first Death Anniversary of Late Shri L. R. Channa, Former President, Child Education Society, the distinguished visionary and fountainhead of excellence & commitment, who left for his heavenly abode on 15 May 2021. His momentous contribution to the world of education is testimony of his farsightedness and diligence and this rich legacy will be revered for years to come. The endeavour of Late Shri L. R. Channa had been to shape the future generation of discoverers, inventors and innovators by empowering them with Cognitive Brilliance as well as Physical & Spiritual agility to maintain the fundamental balance of the Body, Mind and Soul. In remembrance of his commitment to Wellness and Health, CES launches - **Yoga Sankalp**, an earnest endeavour undertaken as a tribute to his glorious life- a life passionately dedicated to the noble cause of holistic education. This programme also aspires to consolidate the Government of India's commitment to raise awareness of the many benefits of practicing Yoga with celebration of International Day of Yoga held on 21 June, every year.

CES has collaborated with **Mokshayatan Yog Sansthan**, one of the most prominent Yoga institutes of India running under holy tutelage of Yogiraj Padmashri Swami Bharat Bhushan ji for over 48 years and spreading the humanitarian aspect of yoga across the globe with a motto 'Shakti:Sanyam: Seva'. Under **Yoga Sankalp**, specially curated videos on themes based on physical, mental and emotional well-being will be shared with the students and the parents of Bal Bharati Public Schools pan India. The videos will feature Acharya Pratishta Ji, Director Mokshyatan Yoga Sansthan, who apart from being a Yoga Guru is an internationally acclaimed Cultural Expert, Classical Dance exponent, Mind Therapist, Author & a Scholar.

The first video of **Yoga Sankalp** will be released on 15 May, 2022 on the theme – **Yoga for Healthy Eyes**. You are requested to motivate your ward to imbibe the good practices shared in the videos in daily routine. We sincerely hope that not only the students, but the community at large, will benefit from this unique initiative taken up by Bal Bharati Public Schools in partnership with Mokshyatan Yog Sansthan. It is our aspiration to honour the memory of our guiding star, Shri L. R. Channa with the acts that manifest and celebrate his rich philosophy.

योगश्चित्तवृत्तिः निरोधः

(मन अर्थात् चित्त की वृत्तियों का सर्वथा रुक जाना योग है।)

Ms. Meenu Goswami
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