



**Bal Bharati**  
PUBLIC SCHOOL



**Child Education Society (Regd),**  
*in collaboration with*  
**Mokshayatan Yog Sansthan**  
*presents*



# **YOGA**

# **SANKALP**



**RELEASING VIDEO - III**  
**ON 29 MAY 2022**

**THEME - YOGA FOR INSTANT RELIEF**  
**FROM STUDY STRESS**

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**A TRIBUTE TO OUR VISIONARY LEADER,**  
**LATE SHRI L. R. CHANNA**  
**Former President, CES**