

## 2<sup>nd</sup> INTERNATIONAL DAY OF YOGA

**2<sup>nd</sup> International Yoga Day** was celebrated in the premises of **DDMS P. Obul Reddy Public School** on 21<sup>st</sup> June 2016 to enlighten the young minds about the wonderful health enriching spiritual science, Yoga.

Various Yogic techniques and Asanas like Trikona Asana, Bhujanga Asana, Surya Namaskara (Sun Salutation) was performed and practised in conformity and essence of yoga by the students right from the Primary to Senior Secondary Levels.



DDMS P. Obul Reddy Public School family took pleasure in devoting a day for the celebration of this wonderful and rejuvenating health science again. Our small attempt to inspire the students, staff, and even our parents was a success and the students ended up experiencing bliss coupled with inner joy at the end of the yoga session, with the pleasant weather adding to its essence and enhancing their spirits.

