

# International Day of Yoga

21<sup>st</sup> June, 2019

The International Day of Yoga was celebrated on 21<sup>st</sup> June, 2019 with great zeal in our school. Teachers and all the students of classes VI to X performed different asanas under the guidance of the Yoga Instructor, Mr. Lokeshwara Rao. The Principal, Mrs. Latha Shankar, greeted the students on the occasion and flagged off the event. In her address, she emphasised on the importance of practicing Yoga in our daily lives and encouraged students to make Yoga a part of their daily routine. She also added that it will help them remain fit and improve concentration.



Students performed Yoga asanas like Suryanamaskara, Tadaasan, Trikonasan, Vajrasan etc that are ideal to support their growing years. The occasion turned out to be a great opportunity for the students and the teachers to learn about the discipline of Yoga.



A special assembly

was conducted for the students of classes IV and V, to educate them on the importance of Yoga for their wellbeing and growth. The mere experience of watching their faces unfold with joy while practicing the asanas was a fulfilling experience for the staff.



The programme was concluded with a beautiful prayer in Sanskrit.

Photos: <https://photos.app.goo.gl/4ZFiNF8qwARdJAp49>

