

YOGA DAY ACTIVITY



“Yoga is the art of transformation.”

INTRODUCTION -

The International Yoga Day was celebrated on Friday 21st June 2024 in the school.

The following asanas were conducted for the students by the Trs. Ashish, Anand Yojana.

1. Padmasana
2. Ardhapadmasana
3. Vajrasana
4. Surya namaskar

OBJECTIVES-

- *To integrate the body, mind, and thoughts to work for good ends.
- * To make students aware of physical and mental health through practicing yoga.
- * To improve their flexibility, balance, and coordination.

CONCLUSION-

- *The Yoga helps in promoting overall wellbeing of a person.

TR. YOJANA WADE