

International Yoga Day

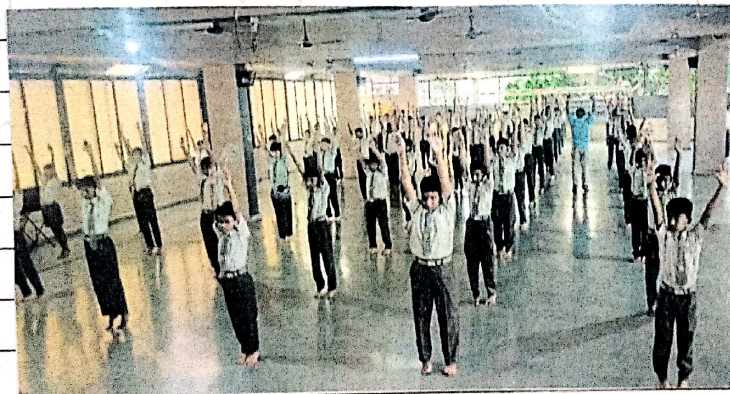
- Date → June 21, 2024
- Theme → Yoga for self and society
- Location → School premises

Program Highlights :

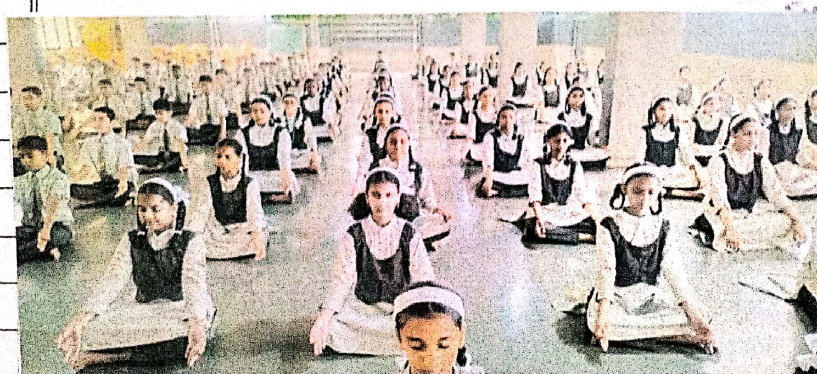
- Welcome & Introduction:
The program began with a warm welcome and introduction to the significance of International Yoga Day.



- Students participation: Students participated in various yoga asanas, showcasing their skills and enthusiasm.



- Meditation and Relaxation Session: A guided meditation session helped students relax and focus their minds.



Yoga Day

- Health and Nutrition Talk : An expert spoke on the importance of healthy habits and nutrition in daily life.



• Conclusion :

The International Yoga Day celebration in school was a resounding success, promoting yoga as a holistic practice for physical, mental, and emotional well-being. The program encouraged students to embrace yoga as a regular practice and showcased their creativity and talent.

[Dr. Anand Mehkar]