

Report on International yoga day

Date :- 21-06-2019.

The international yoga day was celebrated on 21st June 2019 (Friday) in our school campus. Students of grade 1 and 2 gathered on the main stage of the school campus.

Yoga session was conducted by Rashmi Azad. It started with brief introduction about yoga. Students and the teachers showed interest and enthusiasm.

Session started with warm up exercises followed by important yoga asana and pranayam (breathing exercises) to improve their concentration in studies and boost their body.Children enjoyed the whole yoga session and showed their interest to learn more.

The session concluded with meditation and it was advised to practice yoga daily.


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