

International Yoga day

🧘 "Yoga is the journey of the self, through the self, to the self." 🧘

Our school celebrated International Yoga Day with great enthusiasm and active participation from students and teachers. The session included the practice of various yoga asanas such as Tadasana, Vrikshasana, Bhujangasana, and Vajrasana, along with breathing exercises that promote physical fitness, mental well-being, and inner peace.

The students displayed remarkable discipline and enthusiasm throughout the event, making it a truly enriching experience. The day concluded with a collective pledge to embrace yoga and adopt a healthy lifestyle for a happier and healthier future.

#HealthyLifestyle #YogaForWellness#MindBodyBalance







