

Yoga Day Celebration

Yoga is the dance of every cell with the music of every breath.

Since its inception in the year 2015, June 21 is celebrated as The International Day of Yoga all over the world. This idea was proposed by our honorable Prime Minister, Mr. Narendra Modi ji. He said, "Yoga is an invaluable gift of India's ancient tradition."

It is a holistic approach to health and well-being. It is not about to exercise only but to discover the sense of oneness with yourself.

7th International Yoga Day was celebrated in our school with great enthusiasm in the guidance of Mr. Gajanand Kaushik ji. Various asanas were demonstrated followed by Omkar chanting. Teachers performed sitting as well as standing asanas, importance of these were explained simultaneously. The celebration concluded with synchronized recitation of shlokas.

Regular practice of yoga not only provides physical and mental relaxation but also develops strength and resilience. The numerous benefits of Yoga make it a popular practice for people across the globe, especially in times of this pandemic when mental and physical health is under stress. It creates inner serenity and harmony.



