

# International Yoga Day

**Yoga is the journey of the self, through the self, to the self.” — The Bhagavad Gita**  
It is an ancient art that connects the mind, body and soul in harmony. It's a discipline which nurtures the good health with wisdom and peaceful soul. In this contemporary era where physical fitness is the utmost priority for everyone our school celebrated International Yoga Day on 21st June 2022 within the school premises.

Our principal sir enlightened the students about the yoga and its benefits. Our expertise sports teachers demonstrated various yoga poses which were imitated by the students and staff members with great enthusiasm. All the students were actively engaged in performing different poses like Kapalabhati Pranayama, Surya namaskar, cobra pose, camel pose etc. The session was closed by the suraya namaskar and Shanti path.



