

International Yoga Day

International Yoga Day is observed every year on 21st June in order to raise awareness about his ancient practice and to celebrate the physical and spiritual power that yoga has brought to the world. Yoga is a physical, mental , and spiritual practice. Is play an important role in relaxing the mind and body.

We at ITBP Public School , celebrated International Yoga day with great enthusiasm. Some simple sitting and standing asanas were performed by teachers and students.

