

INTERNATIONAL YOGA DAY CELEBRATION 2019

June 21, 2019

Yoga means union, its practice induces a sense of measure and proportion. But embodies unity of mind and body, thought and action, restraint and fulfilment. Thus, we have celebrated the International Yoga Day on 21 June as declared.

We have organised Yoga instructors to teach Yoga asanas and all the students along with honourable Ma'am Principal and teachers performed it as per instructions.

Various asanas practices include Makarasana, Tadasana, Vrikshasana, Butterfly, etc. were performed and its uses were told to all.

Program started sharp at 7:30 am and ended at 9:00 am. All yoga styles created a feeling of ease and relaxation.