

## ***International Day of Yoga Celebration - 2022***



*“Yoga means addition. Addition of energy, strength, and beauty to body, mind, and soul.”*

Yoga brings balance between body, soul, and mind. It helps us understand life's purpose and how to survive in the changing environment. 8<sup>th</sup> International Yoga Day was celebrated in our school on 21st June 2022 for all the classes with the theme of **“Yoga for Humanity.”** Students and teachers, and their family members participated in the yoga session. The resource person for the session was Dr. Manish Kumar Pillai. He is an author, sportsperson, and yoga practitioner. The yoga session included sukshma vyayam, standing, sitting, lying asanas, pranayama, and meditation. Also, the importance of these was explained simultaneously. Vaishnavi of class VII of our school prepared a beautiful yoga demonstration. The celebration was concluded with a speech by our vice principal, ma'am. She encouraged students to practice yoga regularly to remain physically and psychologically strong. The children, teachers, and family members enthusiastically participated in it.

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