

5th INTERNATIONAL YOGA DAY

5th International Day of Yoga was organised by **NATIONAL COUNCIL FOR PROMOTION OF SINDHI LANGUAGE & SADHU VASWANI INTERNATIONAL SCHOOL FOR GIRLS** on June 21st, 2019 at school Auditorium. The event started with the lighting of the auspicious lamp by Vice Principal Mrs. Santosh Vyas and headmistress Mrs. Rajni Tekchandani and parent representative. After the introduction of the Yoga Experts Ms. Oshin Satija and Ms. Mekal Mishra, the session began in which more than hundred participants included students, parents and teachers. The participants did many Aasanas and Pranayams under common yoga protocol as guided by our Yoga Experts. They shared the benefits of those Aasanas and Pranayams as well. A quiz on Yoga was also conducted to spread more awareness about Yoga. All the participants actively participated in the quiz and those who had given correct answers were given away prizes as well. A painting competition was also organised. The felicitation to the Yoga Experts was done by Vice Principal and Headmistress. The event was concluded by extending a vote of thanks.



