

T.Nagar students celebrate Yoga Day

“Yoga is India’s gift to the world. It is not about touching the toes, it is what you learn on the way down. It is not a religion, in fact it is a re-engineering of our body & mind.”

The students of PSBB, T. Nagar celebrated the International Yoga day at the school auditorium on June 21st, 2017.

The programme commenced with the recitation of Pathanjali sloka with the meaning, followed by a speech on the significance of 21st June being celebrated as International Yoga Day. Students demonstrated Suriya Namaskar as well as different asanas like “Chakrasan, Sirasan etc., and each was accompanied with an explanation of the asana as well as its benefits.

The programme concluded with meditation in which all the students of class IV to VIII joined. The school resounded with the sound of “OM” chanted by all the children and the atmosphere was one of peace and tranquility.

Our Vice Principal Mrs. Durga Chandrasekar asked the students to be motivated by the performance of their friends and to begin to practice yoga, to develop their body, mind and spirit and reap the numerous benefits of the practice.



Vrikshasan and Veerabhadraasan



Raja kapodaasan and Sirasasan



Suriya Namaskar (Aswa Sanchalaasan)



Breathing techniques (Pranayama)



Nadi Suddhi Pranayam



Chakrasana and Purna Chakra asan



Trivikrama asan



Makhara asan (crocodile Pose)



IVY SCRIBES – Media Club

PSBB T. Nagar