

International Yoga Day Celebrations



This year the International Yoga Day was celebrated for a week as a run up to the main event on the 21st of June.

Bhavya Murali and Sahana. S of Std VIII B compered through all the days and took the audience through all the events. In an attempt to make the programme both engaging and educational, the comperes spoke about the benefits of various asanas.

Students from the middle school performed many asanas on all days of the week. Some of the Asanas performed were – Padmasana, Trivikramasana, Rajakapotasana, Balasana, Chakrasana, Vrikshasana, Navasana, Suryanamaskar, Titibasana and Pranayama

Apart from this students of Std 4 & 5 took part in a meditation session in the morning assembly. Mrs. Girija. J gave verbal cues for the children to focus their mind and meditate effectively. The children were found to be calmer and much energised after the session.

IVY SCRIBES – Media Club
PSBB T. Nagar