

Yoga day

The students of the primary section celebrated International Yoga Day on 21st June 2023, with great enthusiasm. This day is celebrated as an I.Y.D. It began with few warm up exercises followed with simple asanas as demonstrated by Sir Cosmos Vaz. Importance of performing yoga was explained simultaneously. Students were encouraged to practise yoga to remain fit and improve concentration.

May the practise of yoga bring peace and harmony and well – being to our life.



