

A HEALTHY OUTSIDE STARTS FROM THE INSIDE

International Yoga Day is celebrated on the 21st of June around the world. Our school also participated in the celebration of this day by conducting yoga activities in the school hall. The Physical Education teachers guided the students through different asanas and exercises which helped them to relax their mind and body.

The session started with some warm-up exercises and the chanting of 'Om' which helped the students to divert their minds from all distractions and focus on their breathing. The asanas performed by the students like Tadasana, Parvatasna, Bhujangasna, Shavasna and Trikonasna helped to increase their flexibility, balance and concentration. The students enjoyed the yoga sessions and felt refreshed and rejuvenated after the completion of the session.

Inculcating the practice of yoga in the daily routine can help the students to cope with the stress and anxiety that comes with academic pressure. Yoga helps in the inculcation of self-discipline, promotes physical and mental well-being. Practicing Yoga can enhance the overall development of a student's personality. Additionally, it helps to improve concentration, focus, and creativity, thereby directly affecting the academic performance of the student.







