

APOSTOLIC CARMEL HIGH SCHOOL AND JUNIOR COLLEGE

21st June 2022

INTERNATIONAL YOGA DAY

Yoga is not a religion, it is a way of living that aims towards a healthy mind in a healthy body. Man is a physical, mental and spiritual being and yoga helps promote a balanced development of all the three. Yoga aims to live with greater awareness. It helps in attention, focus and concentration which is especially important for children.

Keeping this in mind, PT teachers of the Secondary section of Apostolic Carmel High School celebrated International Yoga Day in school hall on 21st June 2022. A vibrant display of Asanas like Surya Namaskar, Tadasana, Yogamudra and Pranayama were put up by the students of class 5th to 10th in open hall to highlight the importance of yoga.

