

Apostolic Carmel Junior College
witnesses an amalgamation of two International events-
International Yoga and World Music Day
on the theme
‘Yoga for Vasudhaiva Kutumbakam’
(encapsulating our aspiration for One Earth, One Family and
One Future)

21st June 2023: Apostolic Carmel Junior College celebrated ***International Yoga Day and World Music Day*** with great enthusiasm. The program took place in the open hall, led by Prof. Rebecca Tuscano and Prof. Steffi Machado as program coordinators.

The event commenced with a warm welcome extended to all the teachers, office staff, support staff and students. Prof. Rebecca Tuscano delivered an introductory speech on International Yoga Day, highlighting its significance and the benefit it offers to everyone.

Thereafter, Prof. Steffi Machado enlightened the gathering about World Music Day, emphasizing the remarkable role that music plays in our lives.

The session began with warm-up exercises which was led by Prof. Steffi Machado and Tr. Rebecca Tuscano. This was followed by students’ performing various yoga asanas such as Vrikshasana, Virabhadrasana, Garuda Asana, Suryanamaskar, padmasana, pranayama, deep breathing exercises, Kapalbhathi, and Anulom vilom. The students along with teachers actively participated in these Asanas, maintaining a serene atmosphere.

The session concluded with students practicing effective meditation techniques accompanied with soft and soulful music. This eventful day came to a close with a deep sense of gratitude and contentment in everyone’s heart.

