

## 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 virtually during their online classes. A vibrant display of Asanas like Surya namaskar, Tadasana, Yogamudra and Pranayama were put up by the students to highlight the importance of yoga.

Video Link:

<https://drive.google.com/file/d/11BwstuvL5URydVP4dhqtdN10eP-vErSx/view?usp=sharing>

<https://drive.google.com/file/d/19g5agkVUdQMmiTAk1FpwtekSFtZCbiuA/view?usp=sharing>



