

## **INTERNATIONAL YOGA DAY**

Our school celebrated the 8th International Yoga Day with great enthusiasm on the 21st of June 2022. The theme of this year's worldwide yoga day is "Yoga for Humanity", a theme both fitting and timely as announced by the honorable Prime minister Narendra Modi in his "Maan Ki Baat" broadcast. Mr. S. Sathish, Life coach at YMT consultancy was the Chief Guest of the day. He has been training people in (Physical Intellectual both yoga) Asana and (philosophy yoga) for 6 years now. He shared his wisdom about one of the ancient practices, the eight limbs of Yoga, which was very enlightening and fruitful. The students from the primary, middle, and high school performed various Asanas. The benefits of the postures were narrated while children performed the asanas, listening to the instructions e.g., the importance of meditation and pranayama, in day-to-day life to keep one mentally, physically, and psychologically healthy was highlighted. The students were encouraged to practice regular yoga to remain fit and improve concentration as they showcased a very energetic and spirited performance. June 21, 2022 International Yoga Day Celebration at IIT Madras Our school students were invited to participate in the 8th International Day of Yoga conducted by the Indian Institute of Technology, Madras on 21st June 2022 between 5.00 pm to 6.30 pm at Manohar C Watsa Stadium. Our students also participated in the program. The students did the Meditation session followed by the asanas and they sensed it was highly beneficial. They received IIT Madras International yoga day T-shirts for participation.