

INTERNATIONAL YOGA DAY

“Yoga is that light, which, if you can light once; will never get dimmed, the more you practice, the brighter the flame will be.”

Our school celebrated International Yoga Day on June 21, 2023, with immense enthusiasm. The event was graced by Prof. Prathap Haridoss, a distinguished Professor of Grade 1 and the Dean of Academic Courses at IIT Madras, who served as the chief guest. The students actively engaged in various yoga activities, such as Upa Yoga, Surya Namaskar (sun salutation), and meditation.

The meditation session created a tranquil environment, fostering a sense of unity and harmony among all participants.

The event focused on highlighting the significance of yoga in promoting a healthy lifestyle and overall well-being. Special emphasis was placed on the transformative power of yoga, and the students were encouraged to incorporate regular yoga practice into their lives for personal growth and well-being. Prof. Prathap Haridoss applauded the school's efforts in organizing such a meaningful event and motivated the students to continue their yoga journey.

Prior training was given to the teachers and students by Mrs. Padma Prathap, a remarkable volunteer from Isha and our PE teacher Mrs. Sasirekha to make sure that students perform the asanas in a perfect way.

The International Yoga Day celebration at our school provided students with a profound understanding of yoga's benefits. The event served as a platform for students to experience the positive impact of yoga on their minds, bodies, and overall development.



