

International Yoga Day Celebration

On the vibrant morning of June 21, our school community came together to celebrate International Yoga Day with great enthusiasm and reverence. The event was graced by our esteemed guest, Mr. N. Subramanian, and our distinguished alumnus, Mr. N. Rajkumar. The theme of the event, 'Self and the Society,' emphasized the profound impact of yoga on both individual well-being and the broader community.

The celebration commenced with a warm welcome address, setting a tone of mindfulness and unity. This was followed by a soulful prayer song performed by the school choir and the Tamil Thai Vaazthu, which resonated deeply with all attendees.

Our Principal, Mr. M. Sathish Kumar, and Vice Principal, Mrs. Princy Tom, presented mementos to our chief guest, Mr. N. Subramanian, and alumnus, Mr. N. Rajkumar, acknowledging their support and contributions.

The highlight of the event was an impressive yoga demonstration by our dedicated students. The demonstration included various asanas, starting with Surya Namaskar and followed by poses such as Virabhadrasana, Badhakonasana, Bhujangasana, and Navasana, among others. Each asana was introduced with a brief explanation of its benefits, making the session both educational and inspiring. The students showcased their discipline, flexibility, and inner strength through their performance.

Following the yoga display, Mr. N. Subramanian addressed the gathering. He emphasized the importance of integrating yoga into daily life for holistic well-being and community harmony. His insightful words were met with great appreciation from the audience.

The event concluded with a heartfelt vote of thanks, expressing gratitude to everyone involved in making the celebration a success. The national anthem was then sung, bringing the event to a dignified close.

This International Yoga Day celebration was a resounding success, underscoring the significant role of yoga in enhancing our lives and fostering a sense of community.