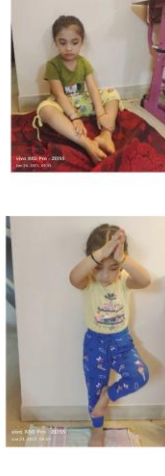
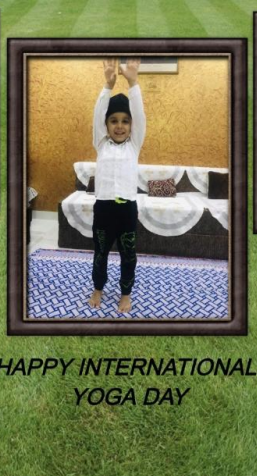
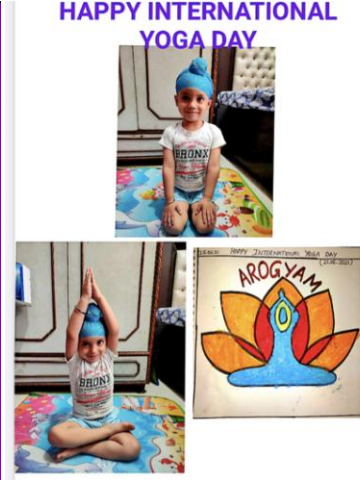


St. Cecilia's Public School  
"AAROGYAM"  
NURSERY-PREP  
"Choose stretching over stressing"

HAPPY INTERNATIONAL  
YOGA DAY







International Yoga Day June 21, 2021



PIC COLLAGE



HAPPINESS



Activity: International Yoga Day

Yousava Nursery-C







# International Yoga Day







St. Cecilia's Public School (Junior wing) celebrated the "International Yoga Day" from 18<sup>th</sup> to 25<sup>th</sup> June 2021. Under the able guidance of our Respected Madam Principal, students participated in the online sessions every day for the whole week to celebrate 'AROGYAM'.

The special assembly was conducted where the little Yogi's chanted mantras and demonstrated various asans followed by "Omkar" chanting. Kids performed the same with great enthusiasm and the importance of yoga was explained to the tiny tots by a beautiful story, to become flexible and strong, we must stretch out. It makes our body mind and soul strong.

The kids participated in poster colouring where they all were ready with their layouts, colours and showed their colouring power. The little Cecilian's were beautifully dressed up in white t-shirt and tracks and confidently did the asans. Respected Madam Principal also visited the kids and gave best wishes sharing the importance of yoga and motivating tiny tots to not celebrate yoga for a day but make it a lifestyle. The kids promised madam with full zeal and happiness to do the same. The parents made the celebration joyful and successful by providing their full support.