

St. Cecilia's Public School
Geekoz IT-CLUB
IT club activities in April -June 2021

INTERNATIONAL YOGA DAY

YOGA PROMISING GOOD HEALTH FOR ALL

NAME- Ashika mangla
 Class- IX -A
 ROLL NO- TWO (2)

HEALTH PEACE HARMON FITNESS

NAME-NIHARIKA CHHABRA
 CLASS-'C'

**"You Cannot Control What Goes On Outside,
 But You Can Control What Goes On Inside."**

Inhale The Future, Exhale The Past.

INTERNATIONAL YOGA DAY 2021

Yoga means addition – addition of energy, strength and beauty to body, mind and soul.

FREE YOGA CLASS

योग मन को शान्त रखने का एक अभ्यास है.

TANVILEEN KAUR
 X A
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 St. Cecilia's Public School

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HEAL MIND HEAL BODY

YOGA

*Have your joints every day.
 You have to find your own rhythm.
 Study your mind deeper your heart, and watch the body move by itself.*

Yoga takes you into the present moment, the only place where life really exists.

BY: PRIYANSHI XII D2

YOGA Ashika mangla 9th A

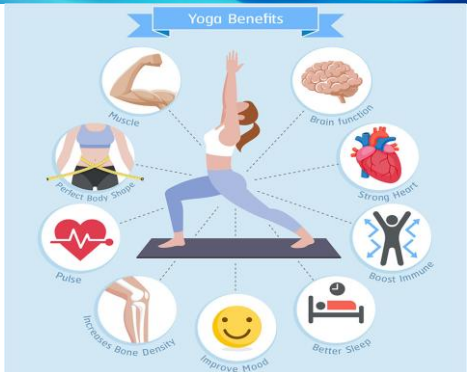
VRIKSH ASANA(TREE POSE) NATARAJ ASANA

1-Ardhakati Chakrasana

<http://www.yogadaycelebration.com/ardhacakrasana.html>

2-Bhujangasana

<http://www.yogadaycelebration.com/bhujangasana.html>



Geekoz IT-CLUB is the aims at enhancing the technological skills of the students along with spreading awareness among them. During the pandemic year the club has been conducting online competitions. In the month of April 2021 for classes IX to XII a **power point presentation competition** was conducted on the topics:

- 1. Use of technology during covid-19 pandemic for the betterment of humanity.**
- 2. Changes in environment and human relationships in the pandemic year.**
- 3. Do's and don'ts for being safe in the pandemic year.**

Students participated enthusiastically and it served as a great learning activity.

In the month of June 2021 IT-Club celebrated the **7th International Day of Yoga** on 21st June 2021. Students made **Pamphlets** and **Animated movies** on the topic: **Yoga Promising Good Health for All**

Students participated with enthusiasm and used various software. The movies and pamphlets were innovative, bringing in the creativity of the students. During the class teacher session the movies were presented and the other students also had a learning experience and were motivated to participate.

School Principal Ms. Inderpreet Bhumra encouraged the students to actively participate in such competitions and enhance their skills.