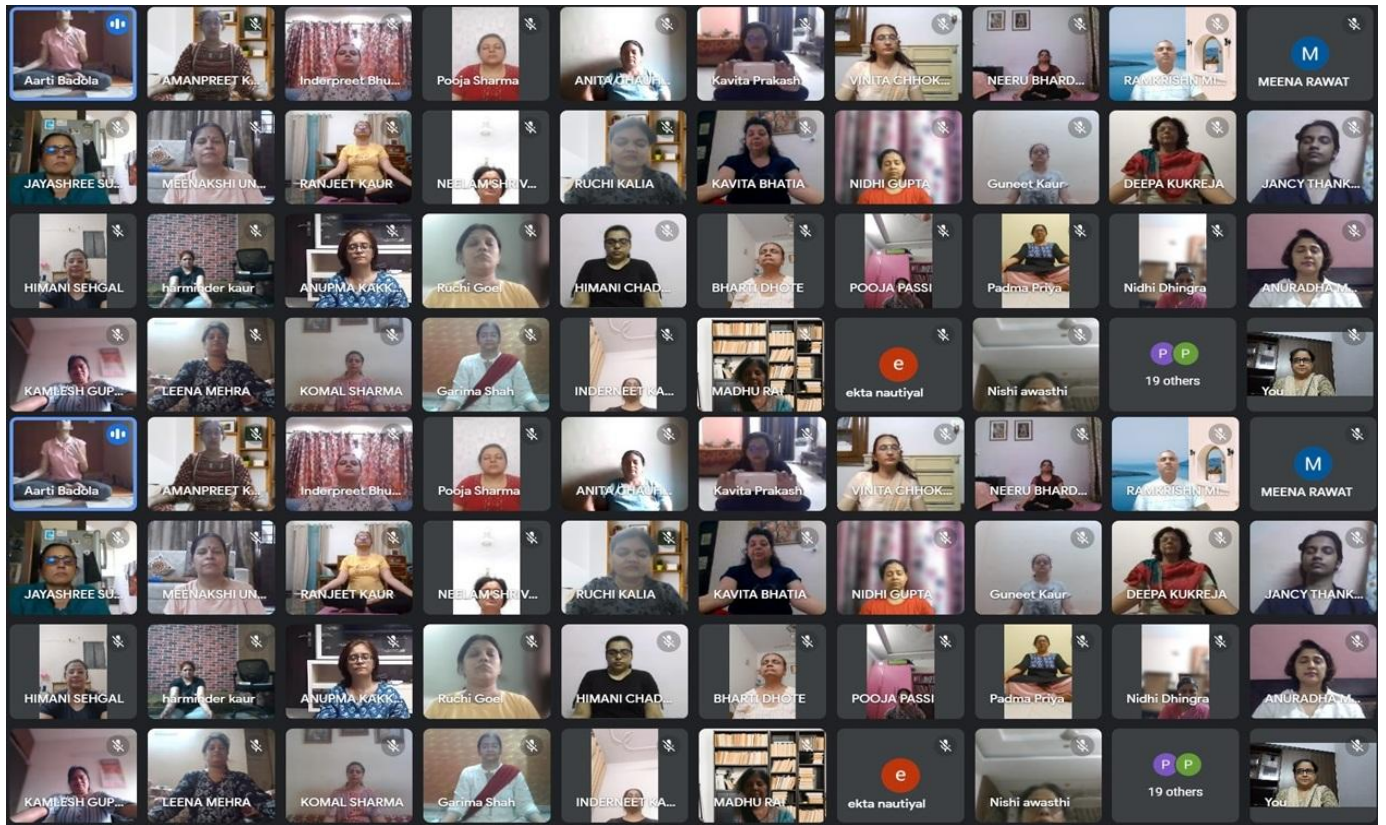


St Cecilia's Public School

The much needed retreat from hectic routine – Teachers imbibe ethos of International Yoga Day



The spirit of International Yoga Day was celebrated on 30th June 2021 through the online platform of Google Meet by the staff members of the school in a rejuvenating evening session of live yoga. All teachers from pre-primary to Class XII along with the non-teaching staff participated enthusiastically. The programme was conducted by Guest Yoga Instructor Ms Arti Badola. Many yoga asanas as well as breathing exercises were performed by the instructor madam. She also enhanced their knowledge about yoga by sharing the benefits of each and every asana. She stressed on performing yoga as it kept the body as well as mind fit and healthy.

The staff members showed no dearth of energy while performing the warm up exercises and various asanas. Madam Principal also whole heartedly participated in the session proving to be a source of inspiration for all staff members to be agile and active. Madam Principal also encouraged every one to practice regular yoga to remain fit both mentally and physically in the present stressful time of COVID 19 while every one's physical activity is restricted.

The yoga session indeed was a much needed blessing for which all staff members expressed their gratitude to Madam Principal.