

## St. Cecilia's Public School

*“The rhythm of the body, the melody of the mind, and the harmony of the soul creates the symphony of life”*



St. Cecilia's Public School zealously conducted an inclusive yoga session expressly designed for both students and teachers, fostering a holistic approach to mental wellness and embracing the theme “Yoga for Vasudhaiva Kutumbakam” – a powerful symbol of unity and harmony for one earth, one family and one future. This initiative underscored the school's commitment to nurturing the psychological equilibrium and well-being of both its students and faculty alike.

The enthusiastic Cecilians as well as the faculty members gathered with unrelenting fervor to practice various yoga asanas, underscoring their commitment to physical and mental well-being.

A guided meditation session was also conducted for the benefit of the teachers, fostering deep calmness of mind, inner peace and mental clarity. This commendable initiative by the school for its teachers was a laudable gesture, evincing a discerning dedication to fostering the well-being of its faculty.

Madam Principal graced the event with her benign presence and motivated all to make yoga a consistent routine, highlighting the multifaceted benefits of yoga, including emotional balance, social harmony and peace of mind.