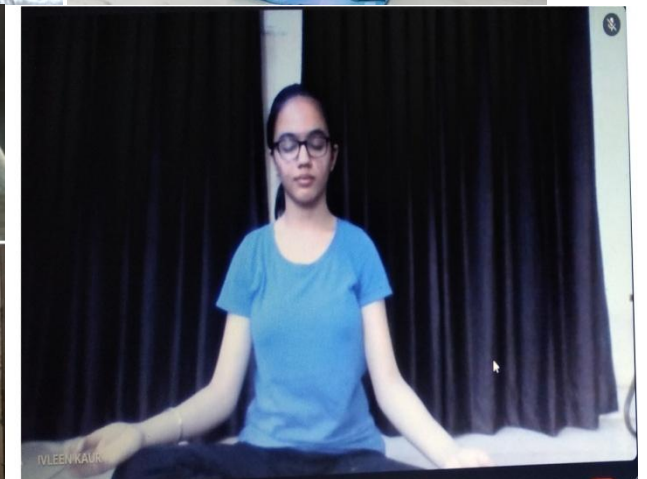
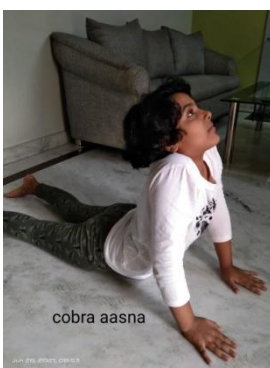
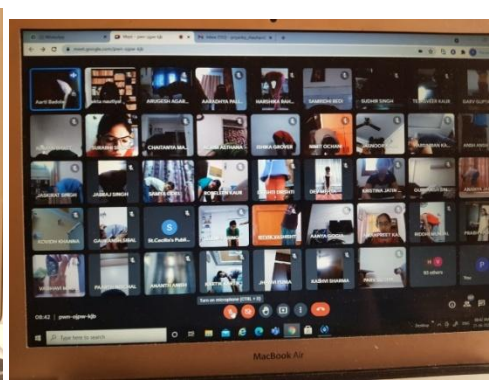
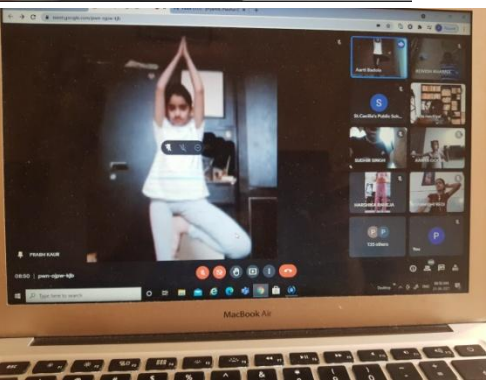
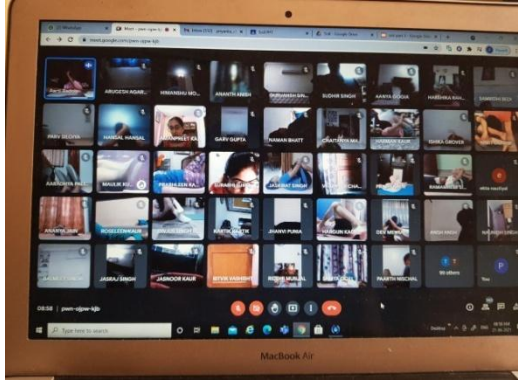
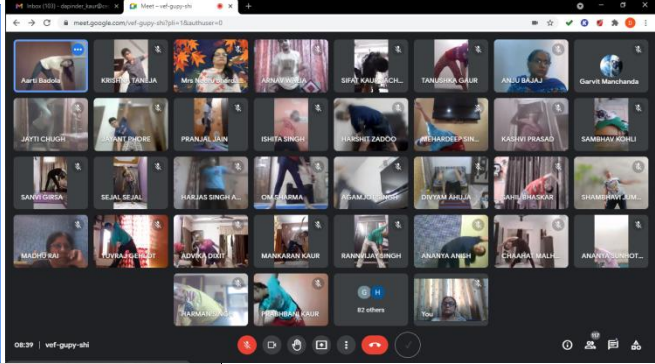
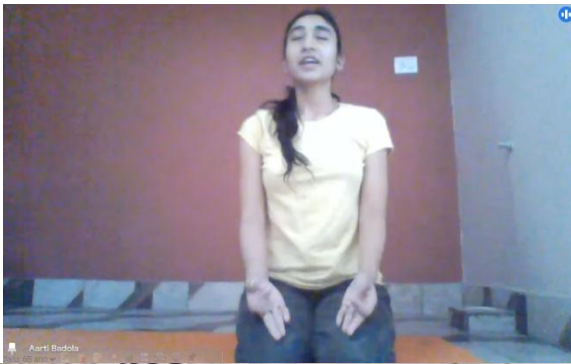
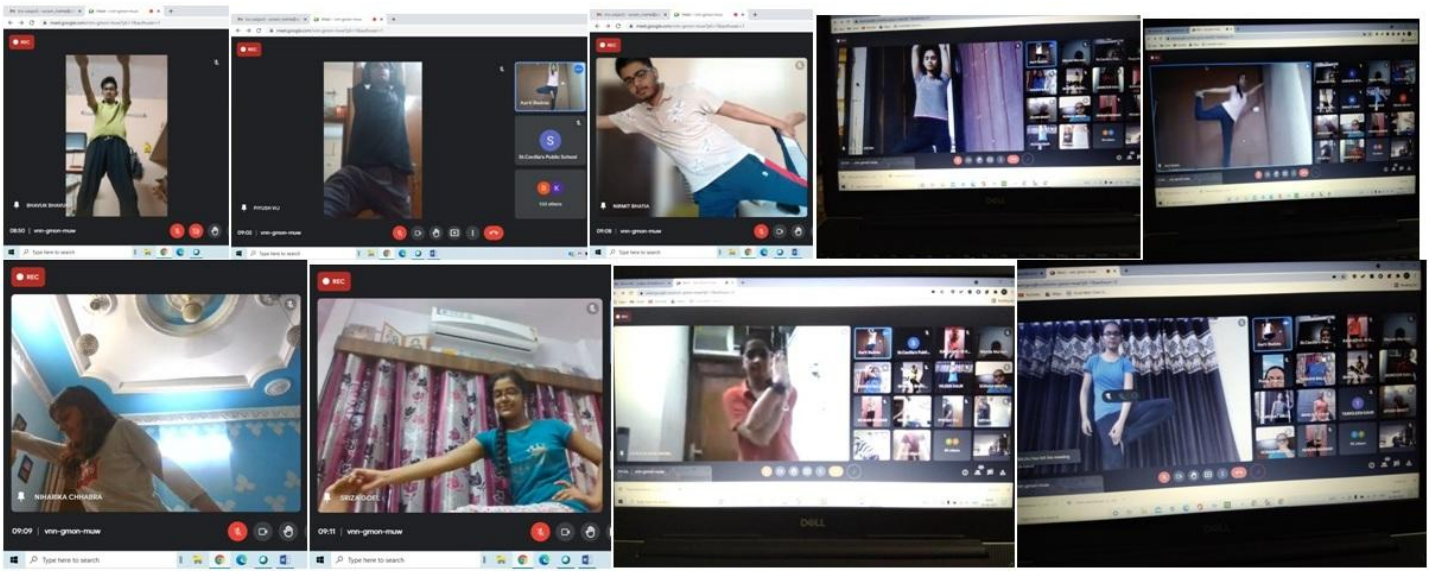
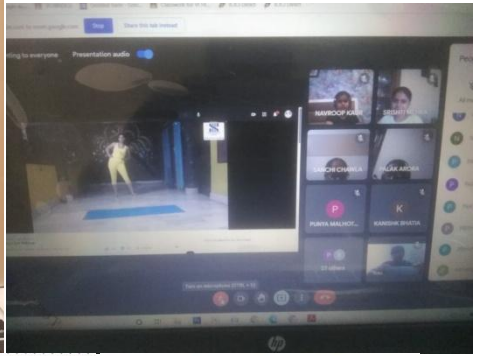
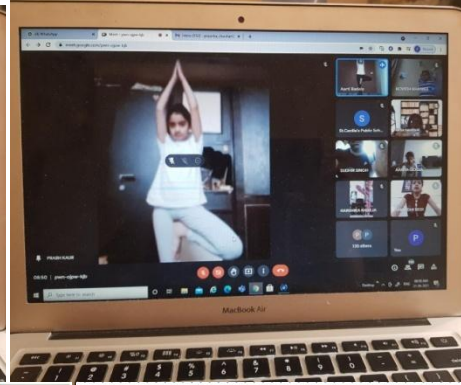
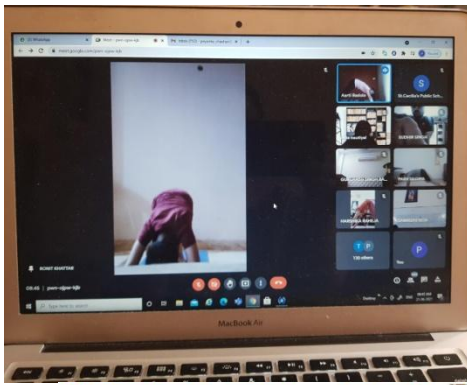
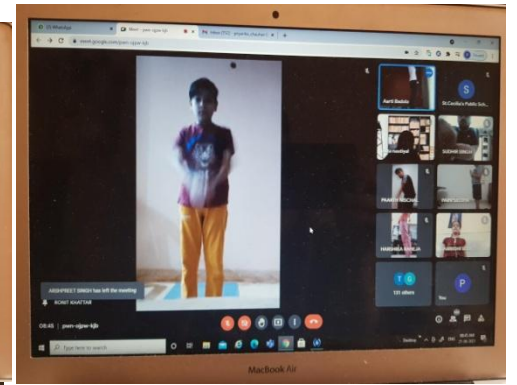
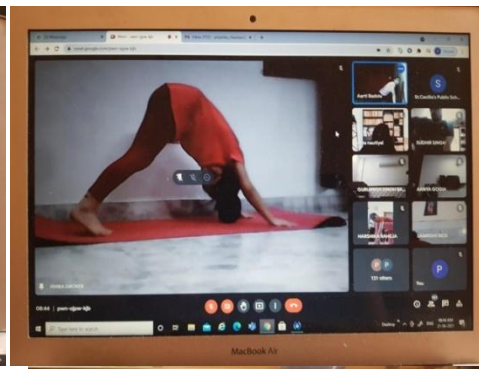


St Cecilia's Public School
India's Gift to the World – Celebration of International Yoga Day 21.06.2021
Yoga is a light, once lit will never dim

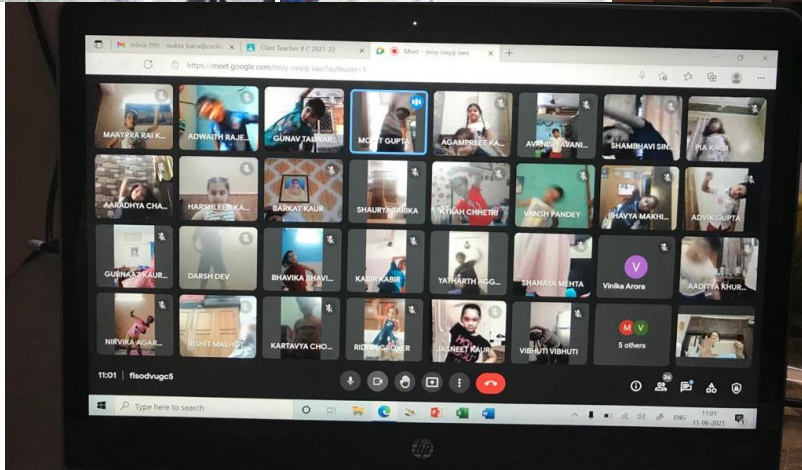
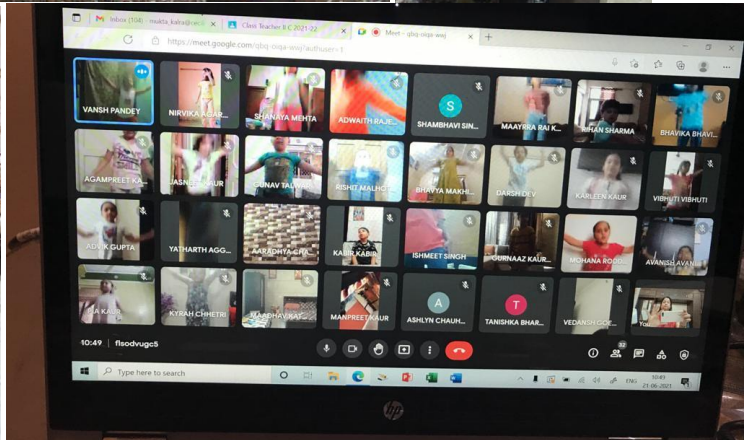


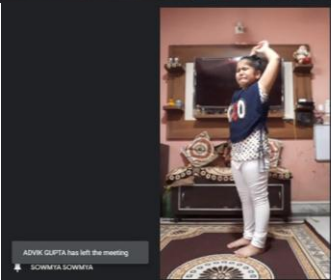
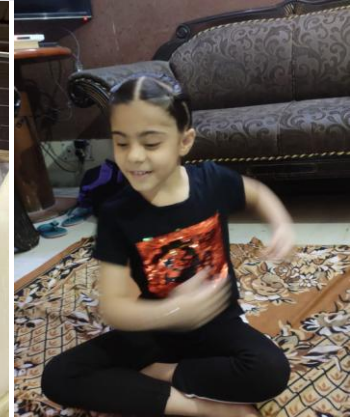
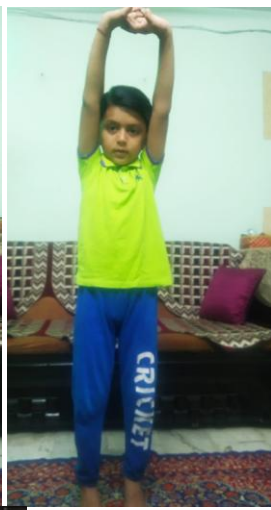


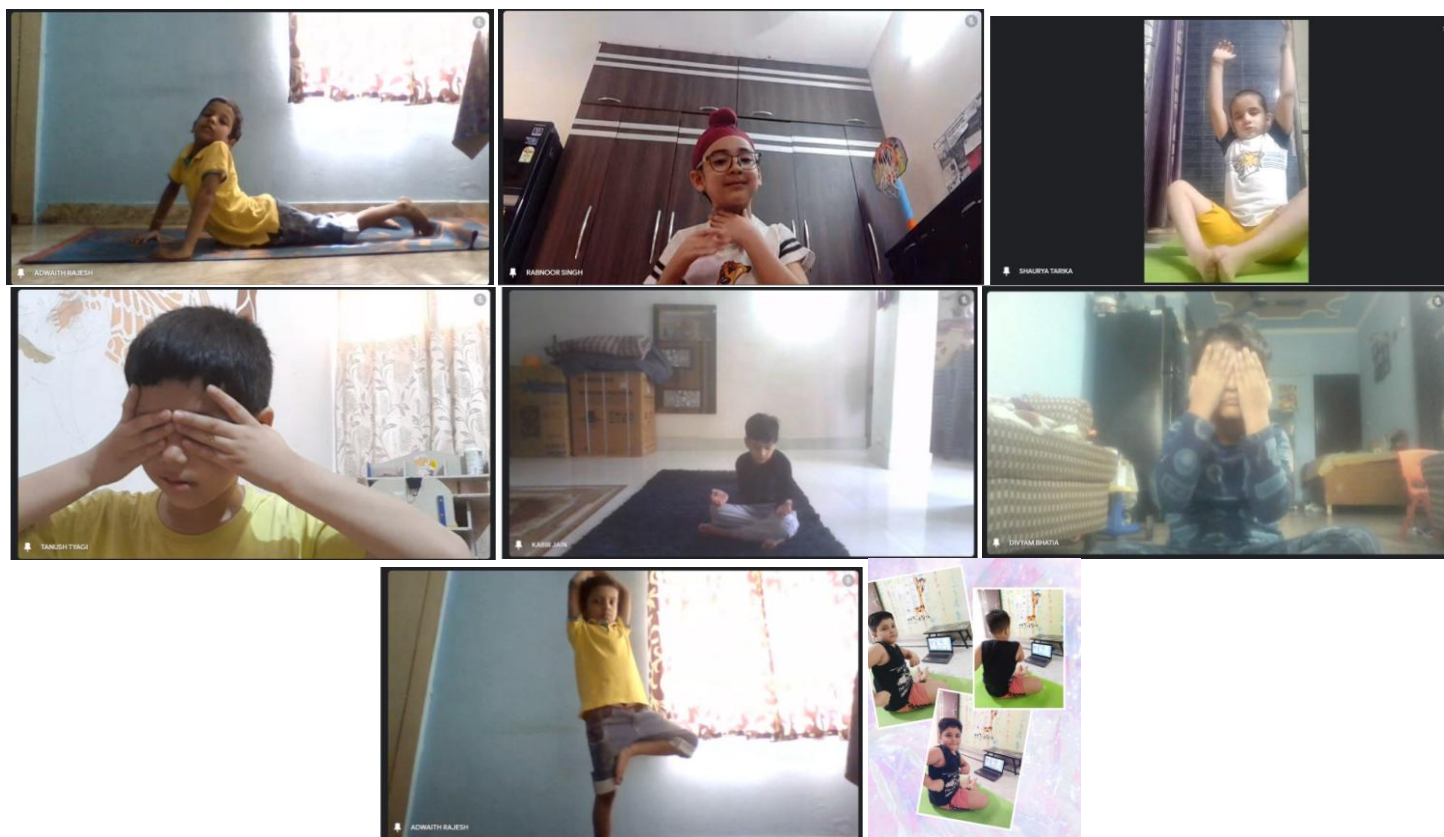


Body is our temple. Keep it clean and safe with Yoga









Since its inception in the year 2015, June 21st is celebrated as The International Day of Yoga all over the world. This idea was proposed by our Honourable Prime Minister, Mr. Narendra Modi. He said, “Yoga is an invaluable gift of India’s ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well being.”

Keeping in consideration the need of wellness and good health in the present times of restricted living and lack of physical activity due to COVID 19, Madam Principal ensured that 2 weeks long gaiety of live Yoga sessions commemorated the celebration of International Yoga Day for the students with great enthusiasm. Students from Class IV to XII actively participated in the rejuvenating live yoga sessions conducted through G SUITE Google Meet on separate days starting from 17th June 2021 to 26th June 2021. Guest yoga instructor trained and encouraged all to make Yoga a part of their daily routine. The participants followed the demonstrated asanas followed by Omkar chanting. Warm up exercises were taken up and all the students performed sitting and standing asanas as instructor Arti Badola explained the importance of these asanas simultaneously to all.

The celebration of each session concluded with synchronized recitation of shlokas. The noble endeavour of Madam Principal was applauded by all students as in her address Madam Principal encouraged students to practice regular yoga to remain fit and improve concentration. She also added that regular practice of yoga will surely help the students achieve a better life, physically, mentally and spiritually as well.

“Yoga gives the gift of joy and the discovery of being vitally alive through the connection with the breath.” It was a refreshing and stimulating experience for all the students. It was truly enlightening for all the teachers to see the joyous faces of children with high energy levels.