

DELHI PUBLIC SCHOOL, HYDERABAD

YOGA DAY CELEBRATIONS

DATE: 21 – 06 – 2019



*“Yoga is a light, once lit will never dim.
The better you practice, the brighter your flame”*

A healthy mind in a healthy body is the message for any generation. It has now been accepted all around the world and 21st of June every year is marked as the International Yoga Day. Working on those lines, after the school assembly, students across the school participated in a yoga session .

The students were educated regarding the importance of Yoga in daily life.



Then they were made to do the following Yogasanas:
Urdavahastasan, Utkataasan,
Taadaasan, Uttitatrikonaasan by the
Yoga teacher. They were explained
about each asana and its benefits.
Students were surprised to know that

such simple asanas could make them strong and healthy.

The students enjoyed Yogic Jogging. They willingly volunteered to do yoga at home and also spread awareness about yoga.