

Delhi Public School-Hyderabad

International Yoga Day Celebration

❖ *The 8th International Yoga Day was celebrated on 21st June 2022 with much enthusiasm on the sprawling grounds of the new campus of Delhi Public School, Senior Secondary Wing in Gachibowli.*



❖ *As many as 400 students along with their teachers took part in the celebration which was led by the HOD Physical Education Dept. Mr Sanjeeva and his team. The session began with the chanting of 'Omkar' which was followed by few warm up exercises and then the different standing asanas such as Tadasana, Trikonasana and Vrikshasana which were demonstrated to them. The importance of yoga was also simultaneously explained.*

❖ *On this occasion the Vice Principal Ms. Rajyalakshmi Ma'am reiterated the importance and need to inculcate this ancient Indian art as a part of daily routine to stay fit and healthy both mentally and physically. The event was well organised and was enjoyed by all.-Sports prefects*

