

22-June-2019

International Yoga Day – 2019 Celebration

Due to the untiring efforts of the Prime Minister of our country Mr. Narendrabhai Damodardas Modi, the United Nations General Assembly declared June 21st as the International Yoga Day. UNGA unanimously accepted the suggestion and chose June 21st the longest day of the year which marks the transition of the sun from the northern hemisphere to the southern hemisphere.

As part of International Yoga Day, the students of our school demonstrated different postures to commemorate the fifth International Yoga Day with zeal and enthusiasm. Mrs. Thanuja Urs M.S, the teacher of our school dwelt upon the significance of International Yoga Day. The students chanted a shloka for their guru, invoking his blessings. The students brought to fore their talent by performing both simple and complex asanas. Our Physical Education Trainer Mr. Chenna Rajee Urs choreographed the day's programme beautifully, It was a day spent worthwhile and apt for Yoga Day celebrations as the event was a truly effective and meaningful one.

“Yogas Chitta Vritti Nirodha”

Yoga is the neutralisation of the vortices of feeling.

Few Snaps of the Event



