



On 21st June 2017, as a part of third International Yoga Day celebration the students of our school enthusiastically participated in Yoga.



Ms. Avni Patel, a yoga instructor was invited to lead the students in Yog.



The campus reverberated with the 'Om kara'. The students apart from Anulom-Vilom performed different asanas like Balasan , Bhujyangasana , Padmasana etc .They were also told the benefits of each asana.





The students vowed to continue Yoga everyday thus the session ended with a positive note.