



INTERNATIONAL YOGA DAY

REPORT

NAME OF ACTIVITY: YOGA

DAY & DATE: TUESDAY 21ST JUNE 2022

CLASS/CLASSES: IV to X

The students of classes IV - X perform yoga in the school premises on the occasion of “8th International yoga day”.

They promised to take this initiative ahead by spreading awareness amongst the people around them.

Yoga demonstrated by experts and performed by Students of classes IV to X. Students understand the importance of health for our survival and benefits of our body.

Students Learnt:

- Yoga and meditation is very important for concentration.
- Students understand and importance of pranayama asana for lungs benefits.