

Yoga Day Celebrated in School



International Yoga Day was celebrated in the school on 21st June with fun and frolic. Hundreds of students and teachers practised yoga in the school ground under the direction and guidance of Hon'ble Principal of the school Shri H.K.Jha who said, on the occasion, that 21st June being the longest day of the year is fit for such events. He also applauded the efforts of the P.M. Shri Narendra Modi, for getting 21st June declared as the International yoga Day and appealed the masses to practise yoga on a daily basis and make it a habit in their life in order to stay fit and healthy. Stressing on the importance of yoga he said that it is the only means these days by which one can live a healthy, happy and stress free life. The significance of this day lies in making the people worldwide aware of the benefits of yoga. It not only represents a bunch of exercise and meditation but also a philosophy which teaches us the true essence of life.

