

INTERNATIONAL DAY OF YOGA 2024

To celebrate the 10th International Day of Yoga- 2024, Sadhu Vaswani International School for Girls, New Delhi, had conducted a variety of events to promote and spread the Yoga culture among the Parents, Students, and Teachers of the school.

S. No	Date and Day	Classes	Timing	Event
1.	19th June'2024/Wednesday	3 rd to 5 th	8.00 AM-8.40 AM	Practices for Proper Growth & Body Strengthening by Ms. Oshin Satija (Health and fitness Coach)
2.	19th June'2024/Wednesday	6 th to 8 th	8.40 AM-9.20 AM	Practices for Better Vision and body Flexibility by Ms. Oshin Satija
3.	20th June'2024/Thursday	9 th to 12 th	8.00 AM-8.40 AM	Practices for Posture correction and Mental Resilience by Ms. Oshin Satija
4.	20th June'2024/Thursday	Session for Teachers	8.40 AM-9.20 AM	Yoga for Women Empowerment by Ms. Oshin Satija
5.	21st June'2024 /Friday	Students, Parents and Teachers	7.00 AM	Followed Common yoga Protocol on DD National
6.	21st June'2024 /Friday	Teachers	10.00Am-11.00AM	Online Yoga Short Activity conducted by CBSE

