

10TH INTERNATIONAL YOGA DAY CELEBRATION

(Theme: Women's Empowerment)



"Yoga is the practice of quieting the mind." — Patanjali.

Our school celebrated the 10th International Yoga Day with great pride, emphasizing health, well-being, and unity through yoga. The event, led by esteemed yoga expert Dr Manish Kr Pillai (H.O.D. Phy Ed, St Francis De Sales Sr Sec School), united students, teachers, and staff in a spirit of enthusiasm, harmony, and connection.

Participants followed a unified yoga protocol featuring asanas, pranayama, and meditation for holistic well-being. The event included a demonstration and a concluding meditation session, adding depth and inspiration.

A highlight of the event was Vaishnavi's (Class- 9th) impressive demonstration of yoga asanas. Her graceful execution and dedication inspired others to explore the benefits of yoga practice.

The International Yoga Day celebration was not just a success but a catalyst for personal growth and inspiration. It showcased the school's unwavering dedication to holistic well-being and unity. Deeply touched by the essence of yoga, participants left with a profound impression, inspiring a continued journey of self-discovery and wellness.
