



NATIONAL PUBLIC SCHOOL, KENGARI, BENGALURU

Report on International Yoga Day'23

“Yoga is a light, which once lit, will never dim. The better you practice, the brighter the flame. ”

International Yoga Day is observed every year on 21st June to create awareness about the ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. It is a practice which plays an important role in relaxing the mind and body and boosting the immune system

On 21st June 2023, the students of National Public school, Kengeri, Bengaluru, celebrated International Yoga Day with great vigour and enthusiasm, with the theme, “Yoga for Vasudhaiva Kutumbakam”, effectively encapsulating our collective aspiration for ‘One Earth, One Family and one Future’. The programme was graced by the Principal, Ms. Geeta Dikshit, Vice-principal Ms. Suman Singh and Coordinators (Gr 6 to 10) Ms. Malini K.S and Ms. Geetha C. (Gr1 to 5).

The event began with a brief introduction on the significance of International Yoga Day and welcoming the guests. The students chanted shlokas and yogasutras, performed few yoga postures, simultaneously with an explanation about the importance of those asanas and chanted

“Om Kara”

The wonderful celebration ended with relaxation exercise to cool down their mind. The students also spoke about the benefits of practicing yoga to improve overall health. The celebration came to an end with motivational words by the principal emphasizing on keeping oneself in good health with the practice of yoga every day.

