



National Public School Kengeri, Bengaluru **Report on International Yoga Day**



“Body is the bow; asana is the arrow and soul is the target”.

National Public School, Kengeri, celebrated International Yoga Day on June 21 and 22, 2024, with great enthusiasm, embracing the theme, ‘Yoga for self and Society’. The event aimed to raise awareness about yoga ancient practice, emphasizing its role in relaxing the mind and body while boosting the immune system. The occasion was honored by the presence of the Principal Ms. Geeta Dikshit, the Center Head Poornima Ramesh, the Vice-Principal Ms. Suman Singh, and the Coordinators Ms. Malini K.S. and Geetha C., enhancing the celebration significance.

The program began with the chanting of Shlokas, followed by an engaging skit. Children showcased basic asanas and performed an impressive yoga dance. The event continued with students demonstrating advanced asanas and meditation techniques, educating the audience on yoga benefits. Teachers and parents actively participated, promoting a healthy lifestyle through various yoga sessions.

Yoga is especially important for teachers and parents as it helps reduce stress, improve mental clarity, and enhance physical well-being, enabling them to better support and nurture their students and children. The celebration concluded with an inspiring speech by the Principal, emphasizing the importance of physical fitness and the role of yoga in improving strength, balance, and flexibility. She encouraged students to embrace the present moment, find inner serenity, and continue their yoga journey.

National Public School, Kengeri, remains dedicated to promoting physical and mental well-being through meaningful events like International Yoga Day, fostering a holistic approach to health and wellness among students, teachers, and parents alike.