

NATIONAL PUBLIC SCHOOL

Kengeri, Bangalore.

International Yoga Day

‘व्यायामात् लभते स्वास्थ्यं दीर्घायुष्यं बलं सुखं ।
आरोग्यं परमं भाग्यं स्वास्थ्यं सर्वार्थसाधनम् ॥’

Yoga is a form of exercise that originated in ancient India and is practised widely across the world today. Yoga not only enhances your physical strength but also contributes largely towards your mental health and spiritual growth. National public school, kengeri, celebrated International Yoga day on June 21st 2018 in the school premises.

The programme started with a meaningful shloka followed by Surya Namaskar.

Our ever enthusiastic teachers also joined to motivate the students.

Advance asanas were performed by the students overwhelmed the audience.

Our principal emphasised the benefits of yoga in our life through her speech and the efforts of our Yoga instructor was highly appreciated.

The students performed advanced asanas with great perfection which was a delight to the eyes.

