

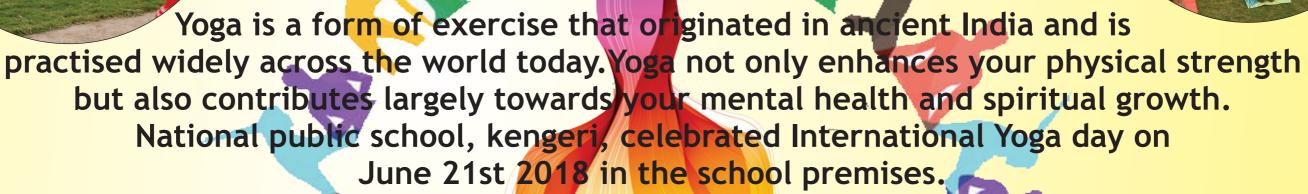
NATIONAL PUBLIC SCHOOL

Kengeri, Bangalore.

International Yoga Day

'व्यायामात् लभते स्वास्थ्यं दीर्घायुष्यं बलं सुखं।

अप्रोग यं परमं भाग्यं स्वास्थ्यं सर्वार्थसाधनम् ।



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.







