



NATIONAL PUBLIC SCHOOL

Kengeri, Bengaluru

REPORT ON YOGA DAY 2019-20

"Yoga is a light which once lit will never dim, the better you practice the brighter is your flame"
.... B.K.S. IYENGAR

The International Yoga day was celebrated in National Public School, Kengeri, Bengaluru on 21st June 2019 with great enthusiasm.

The programme was inaugurated through chanting of hymns from the Bhagavadgita which created a tranquil atmosphere on the special day.

The students spoke about the positive influence of yoga on Kids.

Yoga instructor Mr. Pramod guided the students and teachers to demonstrate a few asanas followed by omkar chanting.

The celebration concluded with an inspiring speech by the Principal who encouraged the students to practice yoga regularly to remain healthy.

