



NATIONAL PUBLIC SCHOOL

Kengeri, Bengaluru

REPORT ON YOGA DAY 2019-20

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

NPS Kengeri celebrated 'yoga day' on 21 June 2019 with Great Spirit for the students and teachers to mark the International Yoga Day.

Our Principal Ms. Geeta Dixit was the guest of the celebration. The programme commenced when the students were first instructed to have a seat and chant 'Om'kara. Our school yoga teacher instructed the students to perform certain asanas, meditation to energize the body and mind. They moved onto the next practice, which were five rounds of the well-known surya-namaskara. Verbal instructions were clear to perform the tasks. Few particular asanas posed challenge to some of the participants. The session ended with relaxation exercise to cool down. The students spoke about the benefits which we all can earn from practicing yoga to improve overall health.

The celebration came to an end with principal words which emphasized on keeping oneself in good health with the practise of everyday yoga.



