



# NATIONAL PUBLIC SCHOOL

Kengeri, Bengaluru

## REPORT – INTERNATIONAL YOGA DAY

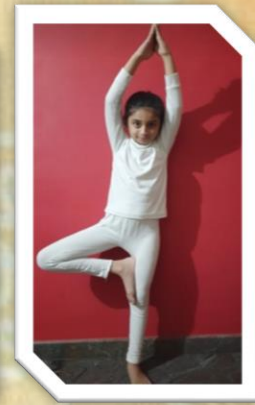
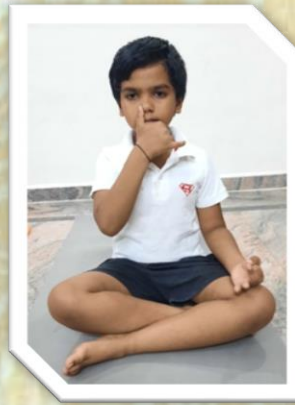
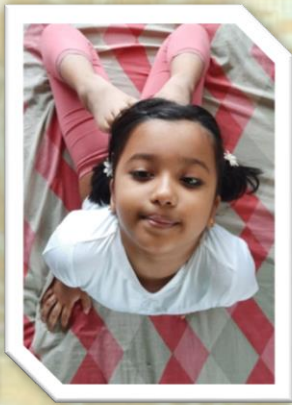
*“Yoga does not just change the way we see things, it transforms the person who sees.” – B.K.S Iyengar*



International Yoga day is celebrated every year on 21 June to raise awareness worldwide about the benefits of yoga in daily life. Yoga brings balance between body, soul and mind. It helps us understand the purpose of life and how to survive in the changing environment. Due to Covid 19 pandemic, this year the International yoga day was regulated on a virtual mode which involved parents, students and teachers on a single forum. This live streaming imparted the essence of yoga and Asanas creating apprehension about how yoga can assist in improving immunity, flexibility and metabolism to everyone. The event garnered 130+ participants .

The outgrowth of the event was prolific. Fitness, endurance and body balance with the aid of yoga can provide us Substantial steady physique was the Precept conveyed to all.







*Run fast every morning,  
Sleep well every night,  
Laziness is boring,  
Activity is nice.  
Stretch out every muscle,  
Loosen all your joints,  
Relax and you will be Supple,  
You'll understand my point.*



Sasankasana



Benefits: Relieved depression and stress.

Loosing practice



Setu bandasana

