



## **NATIONAL PUBLIC SCHOOL, Kengeri, Bengaluru**

### **Report on International Yoga Day Celebration, 2022**

*“Yoga is the journey of the self, through the self, to the self”*

*The 8<sup>th</sup> International Yoga Day 2022 was celebrated by the students and teachers of National Public School, Kengeri, Bengaluru, in its premises, with great vigour and enthusiasm. The importance of Yoga was marked by performing Surya Namaskar and demonstrating various asanas like Trikonasana, VeeraBhadrasana-1,2, Tad asana, Parvatasana, Sethubandhanasana etc.*

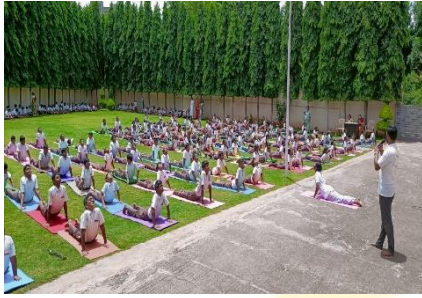
*The Principal, Mrs. Geeta Dikshit presided the programme . The programme started with a speech on the significance of the day, and the initiative of the celebration of the day, by Noroshka of Grade 7. Rishwin Kumar of Grade 7 welcomed the gathering, followed by Shloka chanting by the students of Grades 6 & 7.*

*Asanas performed by students of Grades 4 to 7 were focused on this year's theme “Yoga for Humanity” which ensured, mental wellbeing, immunity boosters and improvement of body postures, ensued, in unison, by the skillful yoga training imparted by the school's yoga instructors, Mr. Pramod and Mrs. Vasanthi. The other students grasped the skills and nuances of yogasana. The celebration culminated with Vote of Thanks by Aditi V Satish.*

*The message of Yoga for Healthy Life was imbibed by all the students. This special rejuvenating day was celebrated, to adopt the yogic contemplation, and lead a healthy life.*

*‘Yoga adds years to our life and Life to our years.’*

*Yoga for Harmony & Peace*



Yoga Performance