

# YOGA DAY

FOR GRADE -1 TO 5

**VENUE :** NPS, ASSEMBLY GROUND

**DATE:** 21/06/2017

Yoga is a light which once lit will never dim. The better your practice, the brighter the flame. Yoga refers to the physical, spiritual, and mental practice that aims to transform mind and body.

The International Yoga Day 2017 was celebrated by the students of NPS, Kengeri enthusiastically. They gathered on the assembly ground and selected children performed Surya Namaskara, many exercises and advanced asanas. Our honourable Principal Madam encouraged all the children and their performance was well appreciated.





