



NATIONAL PUBLIC SCHOOL, Bangalore

International Yoga Day

A Report

Date: 21-06-2017

National Public School, Kengeri celebrated its International Yoga Day at the school campus on 21 June, 2017. The celebration embarked on its journey with introductory speech enunciating importance of Yoga and welcome note by Kaajal S Shenoy. Students of Grade VII recited Shloka that kindled waves in the atmosphere of tranquility. Further, Pranit Prakash Prabhu introduced the guest for a day, a well-known Yoga Practitioner Shri. Prashant Kumar M, winner of Karnataka State Champion of Champions award. He demonstrated various yoga postures and explained correct way of doing it, which left everyone in reverence. He emphasized that yoga is a mental, physical and spiritual practice that needs to be carried every day for healthy lifestyle. The students observed and performed few asanas such as Ardha Ustrasana, Ustrasana under the able guidance of Shri Prashant Kumar M and yoga teacher Shri Pramod to mark the celebration rewarding and beneficial. The programme concluded with vote of thanks proposed by Varun Pruthvi Reddy.

Glimpses of Assembly

Date: 21-06-2017

