

Usha Martin World School, Patna

REPORT : Celebration of International Yoga Day

21st June, 2017

YOGA- Harmony & peace for Humanity

“Yoga is an invaluable gift of India’s ancient tradition”. All the health challenges can be won over through regular yoga practice. Keeping this holistic approach to health and well being in mind, UMWS patna organised “**Yoga Session**” to celebrate the momentous event of International Yoga Day in the school campus on 21st June, 2017. Various Yoga postures and asanas were demonstrated before the students.



Students were overwhelmed to know the amazing and natural benefits of Yoga. Active participation was observed with a lot of excitement and enthusiasm in the air while practising different Yoga asanas.

Speaking on the occasion **Mrs. Anita Singh**, the Principal threw light on the holistic benefits of Yoga and conveyed the message that Yoga is not about exercise but to discover the sense of oneness with yourself, the world and the nature. The celebration concluded on a positive note.



Gallery:

