

Yoga Day Celebrations

You cannot always control what goes on outside, but you can always control what goes on inside. Yoga is India's gift to the world. It is not about touching the toes, it is what you learn on the way down. It is not a religion, in fact it is a re-engineering of our body and mind.

The students of PSBB T. Nagar participated in the International yoga Day at the school auditorium on 22nd June, 2018. The programme commenced with the recitation of Patanjali Sloka with the meaning which was followed by a speech highlighting the importance of International World Yoga Day. The students explained that while we chant Om, the spiral energies circling around your body get enhanced with positivity and this proves that it is the best medicine in the world. So, all the students joined together to chant Om. Different asanas were demonstrated by students and the benefits and significance of each was explained lucidly. The asanas included surya namaskara, Chakrasana, Sirasasan, Rajakopotasana and many more which were beautifully portrayed by the students.





Our Vice Principal enthusiastically participated in the meditation and concluded with a motivational talk for students to take up yoga.

IVY SCRIBES – Media Club

PSBB T. Nagar