

International Yoga Day @ PSBB T. Nagar



The celebration of 'International Yoga Day' commenced with chanting of verses on the importance of yoga from the Bhagavad Gita followed by 2 videos based on yoga.

Students were then explained the importance of the day and the reason for celebrating it on 21st June (during summer solstice). A group of students then performed Surya Namaskar and the audience was enlightened on the importance of the same. As the students effortlessly performed the asanas, it was evident that a lot of hard work was put in for practice.

This was then followed by the demonstration of different asanas, from simple ones like Vrikshasana to the difficult Sirasasana. The techniques for breathing and meditation ended with the chanting of "Om"

The audience dispersed after being treated to a feast to their eyes and ears and a conviction that yoga was a sure prescription for fitness and good health.

IVY SCRIBES – Media Club

PSBB T. Nagar