



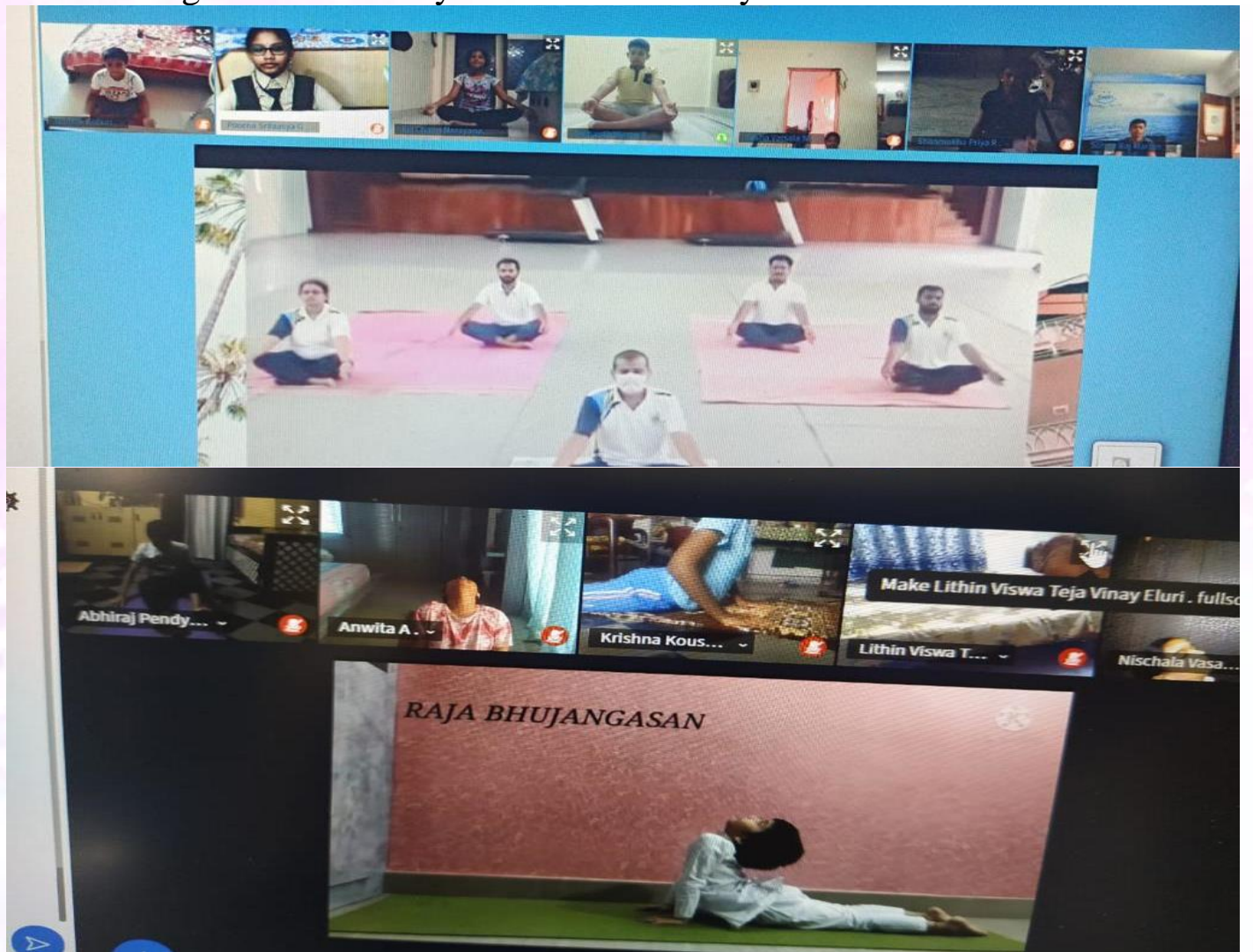
SANGHAMITRA SCHOOL

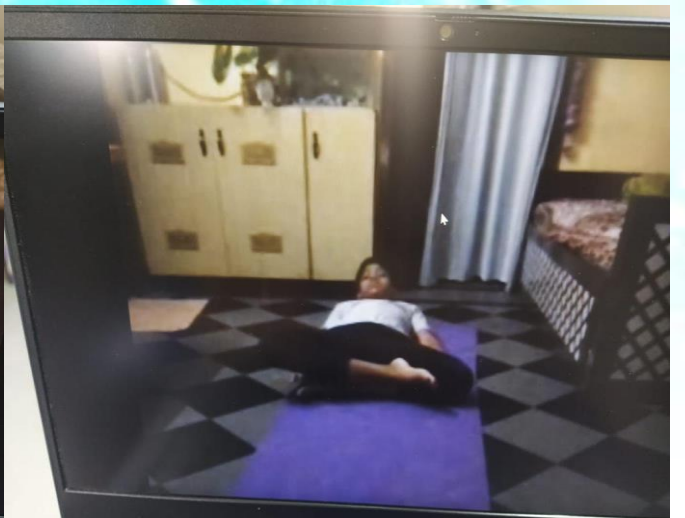
INTERNATIONAL YOGA DAY

Students from class LKG to X observed International Day of Yoga (IDY) on 21.06.2020.

Physical Education Department demonstrated simple yoga postures and Surya Namaskar to the students. Students followed their teachers and practiced yoga.

Teachers and students shared the importance of practicing yoga to help in the development of stronger physical and mental well-being. The simple Yoga Kriyas help in regaining the sense of control and enables mind and body provide tools for better management of anxiety due to situation beyond control.





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06:07



13:19

Octa - Live Class - 7SecCDE WhatsApp

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