

International Yoga Day celebrated at PM Shri Kendriya Vidyalaya, IIT Indore

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A grand programme was organised at PM Shri Kendriya Vidyalaya IIT Indore on the occasion of International Yoga Day. Teachers and staff of the school also participated in yoga practice and encouraged the students. Students and teachers practiced various yogasanas and pranayama, in which Vajrasana, Anulom-



Vilom, Balasana, Bhujangasana, Ardha Chakrasana, Tadasana, Kapalabhati, and Bhramari Pranayama were prominent. The theme of In-

ternational Yoga Day this year was 'Yoga for One Earth One Health'.

The Principal of the school, Mrs. Neelam Malviya, said that

yoga helps in bringing balance and peace to our life. "Practicing yoga and pranayama as soon as you wake up in the morning is extremely beneficial for our physical and mental health," she said, making everyone aware of the benefits of Pranayama and Yogasana for physical and mental health.