

YOGA DAY CELEBRATION

"Yoga is the journey of the self, to the self, through the self."

Little Flowers International School celebrated Fifth International Yoga Day on 21st June 2019, Friday in school ground by getting together and performing various yoga asanas and breathing exercises. It was a great effort by the School Management to organize such events spreading the importance of Yoga. The event started with the blessings of our Respected Founder Director, Our Bade Sirji Sh. D.R. Patel followed by welcome speech by school Vice Principal Mrs. Anita Mahajan. Under the guidance of instructors from Edusports and Fairgaze, the students, teachers, parents and other staff members found themselves doing various asanas with great gusto. There were a total of 80 participants. Most found it hard to believe that such asanas that could be done by anybody could improve memory, focus and concentration as well as help a person have a fit and healthy body. It was a one hour long yoga session, each student became one with themselves, and managed to find a connection between their mind, soul and body.

The asanas were explained in detail by Speaker Ms. Pallavi Patwa in association with Fair Gaze is a Yoga and meditation guide who serves as yoga instructor. Also the trainers Ms. Natasha Gautam and Ms. Savita Rana with Head Mr. Dhananjay from Edusports directed all the participants to correctly perform the asanas. School PETs were constantly on rounds correcting the postures of the participants and guiding them. In a healthy body dwells a healthy mind - is a saying that has been repeated since times immemorial, and is true at every level. Taking forward this salubrious thought, the School has also conducted several competitions for teachers. Slogan writing

activity was conducted, where teachers participated whole heartedly. The competition was judged by **Dr. Rohit Sethi** who appreciated the efforts of the teachers and gave them prizes. The session was concluded with Vote of thanks by Mrs. Anita Mahajan. After the session ended, all the participants were given refreshment by the school management. It has indeed been a successful effort with the importance of Yoga being experienced by the students, Parents and staff equally.

Have A Glimpse of the celebration at-

<https://photos.app.goo.gl/c12PEnwfnX177LHH8>