

AMRUT PRIMARY SCHOOL, SHAHIBAUG

Date : 21st July 2022

Students and Staff of Amrut Primary School celebrated the International Yoga Day on 21st June 2022. It began with a welcome speech by the PE Teacher Ms. Veena Rathod, who highlighted the importance of yoga in our life. PE Teachers Ms. Sneha Patel and Ms. Pooja Sharma under the guidance of Ms. Veena Rathod conducted a live yoga session, where they performed asanas and pranayama. The occasion created and highlighted the importance of yoga in life and reinforced the thought of our PM Shri Modiji's that yoga is not the part of life but it is the way of life and School and the teachers play an important role to make the children aware of the integration of yoga in our day to day lives. It was a delight to watch young children performing yoga with enthusiasm and ease. Nearly 800 students and 40 teachers participated in this event on different time schedules.



