

## PRE-PRIMARY INTERNATIONAL YOGA DAY

Since its inception in the year 2015, June 21st is celebrated as The International Day of Yoga all over the world. This idea was proposed by our Prime Minister, Mr. Narendra Modi. He said, "Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well-being."

International Yoga Day was celebrated by the students and teachers of Pre-Primary at DDMS P.Obul Reddy Public School, virtually with great enthusiasm. Students of grade UKG performed various asanas demonstrated by **Ms.Swetha Pulijala** who happens to be our Parent and a yoga instructor. Warm up exercises were taken and all the students performed sitting and standing asanas. The kids were encouraged to practice regular yoga to remain fit and improve concentration.

Regular practice of yoga will surely help our students achieve a better life, physically, mentally and spiritually as well.



