

**INTERNATIONAL YOGA DAY**  
**PRESS RELEASE**

DDMS P. Obul Reddy Public School celebrated the 8th International Yoga Day on 21 June 2022 in its premises with a very well planned set of activities throughout the day involving the students, teachers and the management. Shri S. V. Rao, Chairman, DDMS P. Obul Reddy Educational Academy was the Chief Guest on the occasion. He was accompanied by Mr. E. Narasimha Rao, Hon. Secretary, DDMS P. Obul Reddy Public School as the Guest of Honour. The Principal Ms. Rekha Rao, along with the Vice Principals and Head Mistresses of the school welcomed the guests. In her address to the students, the principal called upon to make Yoga a habit, an everyday health tonic. Speaking on the occasion, Shri S. V. Rao emphasised on the need of finding inner peace through the practice of yoga. Mr. Narasimha Rao, also spoke on the occasion and encouraged the students to practice yoga for good health.



This was followed by a felicitation of Mr. Sanjay Ratan, Yoga Exponent from the city, who is renowned for motivating people towards practicing Yoga for better health. The grand programme was initiated with students from all the classes by participating in a yoga session under the

able guidance of the yoga Guru, Mr. Ratan. The teachers were also involved in a 45 minute yoga session later during the day, performing asanas that can work on resolving health issues relating to their long standing hours of work. The expert also guided the students and the teachers through a meditation session that brought a soothing effect on all those who were involved.

After the pandemic, this celebration has set off as a symbolic significance displayed by the school towards sound emotional and physical well-being of all the stake holders.

