



PRE - PRIMARY INTERNATIONAL YOGA AND MUSIC DAY (SPECIAL ASSEMBLY)

“Yoga is the rhythm of the body, the melody of the mind, the harmony of the soul, and the symphony of life”

“Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything”.

“The International yoga day and world music day were celebrated together with great enthusiasm by our pre-primary students on June 20th, 2025. The aim was to promote physical fitness, mental well-being and an appreciation for music among the young learners”.

“Under the guidance of **Ms. Vijaya Durga Mam**, Headmistress of Pre-Primary, the day began with a yoga session conducted by **Ms. Harsha Mam**. The importance of yoga in daily life was also explained to the children during this session.

Following the yoga session, **Ms. R. Aparna** explored the magical world of music through melodious songs, underscoring the significance of music in maintaining inner calm. The children showcased their talents by singing simple ragas, adding to the musical celebration.

A few parents were invited to witness the event, and both sessions-the yoga practice and the musical performances-were thoroughly enjoyed by all participants, especially the children.

This combined celebration of **International Yoga Day and World Music Day** was a testament to our commitment to holistic development and the nurturing of young minds through physical activity and artistic expression.



