

INTERNATIONAL DAY OF YOGA

A yoga session was conducted live in the virtual class on 21.06.20 on occasion of international day of yoga wherein children of Pre-primary followed their teachers and performed meditation and different yoga exercises eg surya namaskar, pretend to be a tree, seed, frog, butterfly and breathing in and out activities. They also learnt how important it is to make yoga their daily routine to have healthy and flexible lifestyle.

