S.D.JAIN MODERN SCHOOL

STD – II TO IV

REPORT ON 7th WORLD YOGA DAY CELEBRATION - 21st JUNE, 2021

‘’The body benefits from movement and the mind benefits from stillness.” Yes, there is no better way to attain it, than practicing Yoga. When the world is still reeling from the major upheaval of the pandemic, certainly we experienced the strength that our ancient yoga proved to provide and became the medium to keep fit. The special day was dedicated to yoga to highlight the importance of it. Classes from II TO IV celebrated the 7th International Yoga day by practicing the most challenging asanas.

Teachers explained their kids how Yoga helps us in keeping ourself physically, mentally and emotionally strong.

We on behalf of S.D.Jain would wish, A Very Happy International Yoga Day to one and all!

Below are the captured Yoga postures demonstrated by our tiny tots.











