

INTERNATIONAL YOGA DAY CELEBRATIONS

“Yoga is not a work-out it is a work-in, and this is the point of spiritual practice to make us teachable to open up our hearts and focus our awareness so that we can know what we already know and be who we already are.”

International Yoga Day is observed every year on June 21 to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. Yoga is a physical, mental and spiritual practice. It plays an important role in relaxing the mind and body and boosting people's immune system.



We at Shivalik Public School, Phase-6 Mohali, celebrated International Yoga Day with great enthusiasm under the able guidance of worthy Director Mr. DS Bedi.

Young enthusiasts Shivalikians actively participated in an interactive session on the occasion of International Yoga Day on 21st June, 2022, with great enthusiasm. Under the theme "Yoga for Humanity". 115 students participated in the event, it included NCC Cadets, NSS Volunteers and students from classes VIII -IX. Yoga session were taken up by the NSS programme officer Ms.Sukhraj Kaur, NCC Officer Mr. Sunil Nath. They demonstrated various yoga asanas like surya namaskar, tadasana, vajrasana, bhujangasana, alum-vilom and meditation session. Refreshments were offered to the students. The event was well received by the students and they were encouraged to think about their physical, mental and spiritual health.