

International Yoga Day Celebrations at Shivalik Public School, Mohali

Yoga is the skill to live life!

"Yoga is not a work-out, it is a work-in. This is the point of spiritual practice: to make us teachable, to open up our hearts, and to 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 that plays an important role in relaxing the mind and body and boosting people's immune systems.

At Shivalik Public School, Phase-6 Mohali, we celebrated International Yoga Day 2024 with great enthusiasm under the able guidance of our worthy principal Dr Anupkiran Kaur.

Young Shivalikians actively participated in an interactive session on the occasion of International Yoga Day on June 21, 2024, with great enthusiasm to promote "Har Aangan Yoga" under the theme 'Yoga for Self and Society'. On International Yoga Day, an enthralling session with demonstrations beautifully captured our shared aspiration to achieve the set theme.

The event saw enthusiastic participation from NCC Cadets of 3 PUNJAB (I) COY NCC Ropar, NSS Volunteers, and students from classes VI to XII. The yoga session, led by Yoga instructor included demonstrations of various yoga asanas such as Surya Namaskar, Tadasana, Vajrasana, Bhujangasana, and Anulom-Vilom, along with a meditation session. The event was well received by the students, who were encouraged to think about their physical, mental, and spiritual health.



