

CELEBRATION OF INTERNATIONAL YOGA DAY

UNDER HUBS OF LEARNING

Young enthusiasts of Shivalik Public School, Phase VI, Mohali actively participated in an interactive session on the occasion of International Yoga Day on 28 th of May, 2022, organized and hosted by Guru Nanak Foundation Public School, Mohali. The event was a part of the Hubs of Learning - an initiative by CBSE for self- improvement and collaboration of schools within the vicinity.

The students performed Yoga asans and learnt the art of

‘ Deep Meditation’ sponsored by ‘Sehaj Yoga Kendra’ conducted at ‘Fateh Burj’ . Sehaj Yoga helps in reducing academic stress and ensures holistic development of children. 105 students from Shivalik Public School, Mohali participated in the event. It included NCC Cadets, NSS Volunteers and students from classes VIII and IX.

It was a great opportunity for all the schools to engage and learn from each other.

