

# INTERNATIONAL YOGA DAY CELEBRATIONS

Yoga is the skill to live life!

“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.

YoungShivalikians actively participated in an interactive session on the occasion of International Yoga Day on 21st June, 2023, with great enthusiasm to promote “Har Aangan Yoga” under the theme ‘Yoga for Vasudhaiva Kutumbakam’. Practice of the same was continued on 19th and 20th June, 2023. On the day of International Yoga Day i.e. on 21st June, 2023, an enthralling session with demonstrations was held which beautifully captures our shared aspiration for “One Earth, One Family, and One Future.”. Enthusiast participated in the event, it included NCC Cadets of 3 PUNJAB (I) COY NCC Ropar,

NSS Volunteers and students from classes VI to XII. Yoga session was taken up by Yoga instructor Mr Shehanshah Rathi. They demonstrated various yoga asanas like suryanamaskar, tadasana, varjāsana, bhujangāsana, ālum-vilom and meditation session. The event was well received by the students and they were encouraged to think about their physical, mental and spiritual health.