



ANAND ENGLISH MEDIUM SCHOOL

Managed by SHRI RAMKRISHNA SEVA MANDAL

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Class: - Primary Section

Date: - 21st June 2019

Celebration: - International Yoga Day

On 21st June, 2019, Anand English Medium School students presented on this 5th INTERNATIONAL YOGA DAY under the guidance of Principal Madam and P.E. teacher Darshna Thakrar; was held on N.D.D.B. cricket ground, Anand. Different Breathing exercises, asana, pranayama, physical activities and meditation were done. Students learned the importance of yoga and pranayama. It helps dealing with mental stress and maintains good health. With the habit of practicing yoga at young age helps to improve concentration power. In this way students were inspired and they understood its health benefits.

