



Doon Public School

Sandhwal Hajipur

Report on International Yoga Day (21.06.2021)

A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily, in both, body and the mind. Yoga postures, Pranayama and meditation are effective techniques to release stress.

Meditation is relaxation and rejuvenates the body and mind. With this aim, a four day workshop for the students of Class I- VIII was organised through a virtual platform. The P.Ed teacher, Mr. Manpreet Singh, took yoga session with great dedication.

The Students participated with full interest, enthusiasm and eagerness in this workshop dated on -

02.06.2021 (Wednesday)

03.06.2021 (Thursday)

05.06.2021 (Saturday)

09.06.2021 (Wednesday)

21.06.2021 (Monday)

Asanas starting with warming up and stretching were followed by a series of Padmasanas, Sukhasana, Tadasana, Bhujang Asana and ending with Shavasana.



