



International Yoga Day Celebration & Competition

21.06.2021

Our school celebrated **International Yoga Day** on 21/06/2021. The students of grade VI to IX participated and presented Asanas under the theme "Yoga". Quiz competition was also held regarding yoga. The celebration was organized by grade VI to IX and was audience by the grade VI to IX

Due to the Covid Pandemic, the event was conducted online via **Zoom Application**.

The below listed students were performed the events:

• **Grade VI**

Mst. Anmol Mishra
Mrs. Sanskriti Singh
Mst. Aman Ahmad
Mst. Harshit Tiwari

• **Grade VII**

Mst. Nadir Shaikh

• **Grade VIII**

Mst. Om Tiwari
Mst. Shivaji Mishra
Mrs. Afrin Shaikh

• **Grade IX**

Mrs. Mansi Singh
Mrs. Drishti Mishra
Mst. Krishnadev Verma

Event Purpose

- To increase the flexibility and strength of muscles.
- To inculcate yoga in daily life.
- To make students aware of physical and mental diseases and its solutions through practicing yoga.

Heartiest congratulations to these winners ...

Rank - 1	Rank - 2	Rank - 3
Mrs. Mansi Singh (IX/A/01)	Mst. Om Tiwari (VIII/A/01)	Mst. Harshit Tiwari (VI/A/06)

Some more glimpses of the event ...



Mst. Anmol Mishra
VI/A/01



Mst. Harshit Tiwari
VI/A/06



Mst. Om Tiwari
VIII/A/01

Outcome of the Event

After participation in the event, our students gained with–

- “Help you to remain calm under pressure.”

WISH U ALL, THE BEST.