

## The 8th International Yoga Day

The 8th International Yoga Day was celebrated with great enthusiasm by the students, parents and staff of India International School Mansarovar Jaipur.



In the run upto 21st June, students from different classes participated in various activities. Students made paper bags with Yoga postures on them to popularise both- the use of environment friendly paper bags and the benefits of Yoga. Some bags had slogans related to Yoga on them. The morning assembly in the days preceding the event was followed by students learning and practicing basic Yoga postures and asanas. Surya Namaskaar as an asana was practised and perfected by them. Information and modules related to benefits of Yoga and certain useful asanas were shared with parents and staff.

On the day of the event, NCC cadets and school students were together in school to perform what all they had learned in Yoga.

The day saw enthusiastic participation of students and staff to mark International Yoga Day.