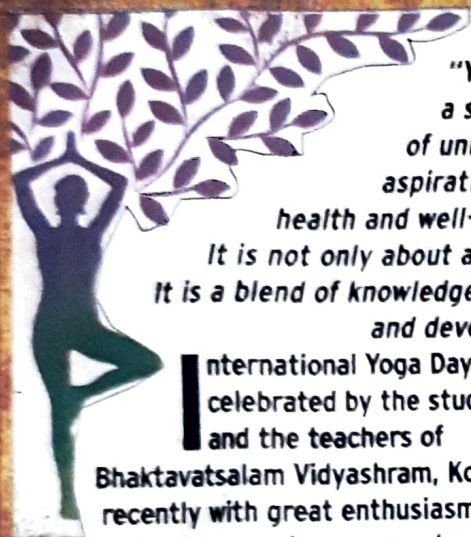




"Yoga is a symbol of universal aspiration for health and well-being. It is not only about asanas. It is a blend of knowledge, work and devotion."

International Yoga Day was celebrated by the students and the teachers of Bhaktavatsalam Vidyashram, Korattur recently with great enthusiasm and spirit. The session was conducted by Meenakshi, a certified yoga trainer and her team, Vivekananda Kendra in the morning for the students. An exclusive session was conducted for the teachers and parents in the evening. Prapti Dey, class IX D, spoke on the importance of Yoga. The students of Class IX performed several asanas guided by the trainers. Warm-up exercises, sitting and standing asanas - Sukhasana, Vajrasana,

BHAKTAVATSALAM



ArdhaPadmasana, Padmasana, Vrikshasana, Trikonasana were taught and performed. Principal N. Vijayalakshmi encouraged the students to practice Yoga and meditation on a regular basis for a healthy body and mind. Yoga Day celebration made the students understand the importance of



Yoga in their life. They also understood how to maintain harmony between body and mind.