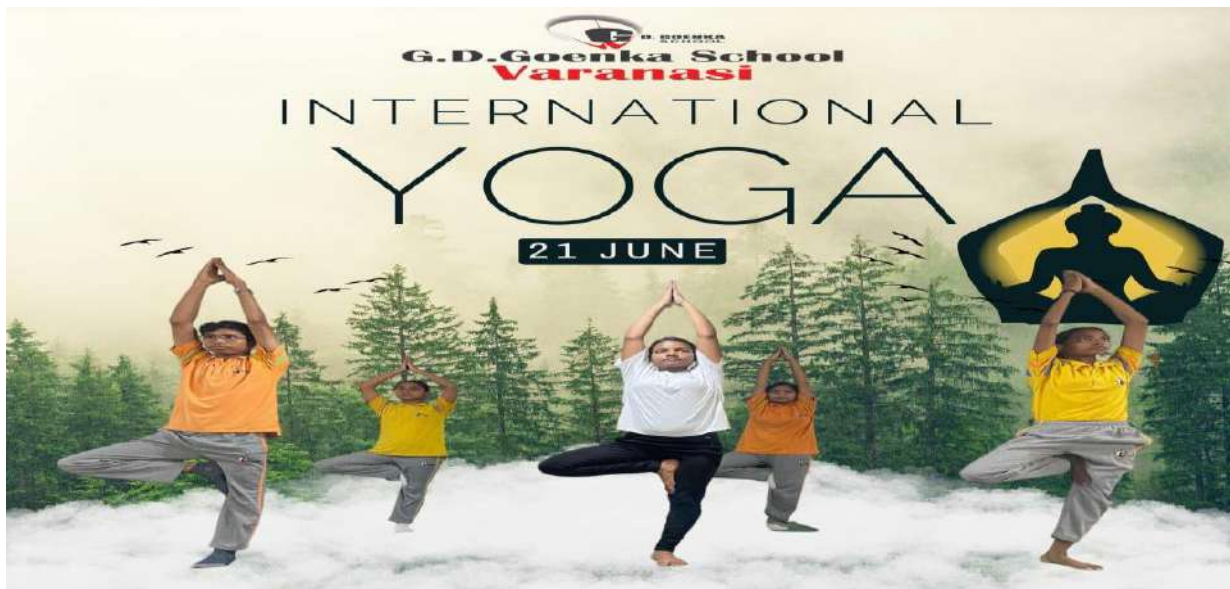**REPORT:** Celebrating the 10th International Yoga Day

DATE: 21st June 2024

CONDUCTED BY: G.D Goenka Varanasi

ATTENDED BY: Students, teachers, and all staff members

On June 21st, our school successfully celebrated International Yoga Day with great enthusiasm and participation from students, teachers, and all staff members on the school campus. It was an enlightening event where students performed various yoga asana and learned about their numerous benefits for both physical and mental well-being. 🧘‍♀️🧘‍♂️

Students not only practiced yoga but also delved into its rich history, gaining a deeper understanding of how yoga can enhance their overall development. The event fostered a sense of awareness about maintaining proper posture and reaping the full benefits of each asana.

The theme for this year, 'Yoga for Self and Society,' resonated deeply with us, highlighting the positive impact of yoga on individual and 🧘 collective health.

Regards
GD Goenka Varanasi