



**GLOBAL INDIAN INTERNATIONAL SCHOOL, UPPAL**



## *INTERNATIONAL YOGA DAY*

June 21<sup>st</sup> is celebrated as The International Yoga Day all over the world. This idea was proposed by our Honourable Prime Minister, Mr. Narendra Modi. He said, "Yoga is an invaluable gift of India's ancient tradition."

GIIS conducted a virtual ten day yoga & meditation program for the benefit of students and parents. Students also participated in the online celebration which was held on 21<sup>st</sup> of June to mark International Yoga Day; the session began with chanting 'om' followed by various asanas. The Surya Namaskar also known as Sun Salutation was demonstrated with the mantra chanting explaining the benefits of the same.

A splendid dance using Yoga asanas was performed by children of High School which showcased different approach of practicing Yoga. A melodious song conveying the benefits of Yoga was also sung.

The program concluded with a vote of thanks to the organizers, participants and the teachers who made this program a grand success.

