**INTERNATIONAL YOGA Day 2021**

We celebrated 7th Virtual International YOGA Day on Google meet on 21st June 2021 at 3:00 to 4:00 pm, In this celebration total 28 students anf staff Anju madam, Himansha, Hazel , Hardik and Prayosha were participated

Firstly Mrs.Prayosha starts Introduction the declaration of yoga day.

Mrs. Hazel had conversation with students about yoga day. She asking different question like;-

1. What date today? And What do we celebrate on today's date?

2. Why celebrate YOGA day on 21st June?

3. When did we start celebrating 1st International YOGA day?

4. What is YOGA?

5. Why should we do yoga?

6. Advantages of Yoga

Then after Mrs.Anju shows 8-10 different simple yoga excersize to students, she also told students to do daily simple yoga to keep our body fit.

With these we happily ended our session and all the students were very happy and motivate for do the yoga regularly.

Thank You.

