

PRE PRIMARY YOGA DAY CELEBRATION

Yoga helps to maintain flexibility and strengthens growing bodies. It also enhances concentration, body awareness and teaches discipline and responsibility.



Keeping this in mind Yoga Day was celebrated by the Pre Primary



The children came dressed up in white. The little ones performed different yog asanas under the guidance of their teachers. They were also explained the importance of yoga in their daily life.



A REPORT FROM W.V.M