

YOGA DAY CELEBRATION

Yoga is a valuable gift of India's ancient tradition to the world. It is a workout that relaxes and strengthens the mind and body.



In view of the rich benefits of practicing yoga the tiny tots at WVM celebrated Yoga Day on 21 July, 2023. The activity began with a warm up session followed by different yoga *asanas* under the guidance of their teachers.





This was an endeavour to imbibe the importance of yoga on all the children and encourage them to adopt this practice. The tiny tots thoroughly enjoyed this activity and truly lived up to the spirit of yoga which was evident through their smiling faces.



A Report from W.V.M.