



Askari Universal School

CBSE Affiliation No. 430554



International Yoga Day Celebration

21-06-2024

“Yoga is not a religion. It is a science, science of well-being, science of youthfulness, science of integrating body, mind and soul.”

International Yoga Day was celebrated with great enthusiasm and zeal at Askari Universal School on the 21st of June, 2024. The event witnessed active participation from both students and teachers, creating a vibrant and invigorating atmosphere throughout the school premises.

Students from various classes showcased different Yogasanas (Yoga postures) under the guidance of the teachers. The students demonstrated a variety of asanas, including Surya Namaskar (Sun Salutation), Tadasana (Mountain Pose), Vrikshasana (Tree Pose), Bhujangasana (Cobra Pose), and many more. Their performances were not only a testament to their flexibility and strength but also a reflection of their dedication and regular practice.

This serene and calming experience left everyone feeling refreshed and energized.

The event served as a reminder that Yoga is a powerful tool for achieving harmony between mind and body, and its practice can lead to a more balanced and fulfilling life.





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