

# CHINMAYA VIDYALAYA – NTPC UNCHA HAR



Event: International Yoga Day

Date & Time: 21/06/2019 (Friday) from 6.00 a.m. 7.00 a.m.

Aim & Objective : To celebrated the Yoga Day

About the event:

On 21<sup>st</sup> June, Friday International Yoga Day was observed in the school. The Students and teachers participated with full enthusiasm and energy headed by Mr. Narendra Singh and convened by Mr. Ashok Kumar Thakur. Near about 60 students and Mr. J.S. Rawat, Mr. Om Prakash Mr. Vinod Agarwal staff members participated in series of yogic exercises suryanamashkar, pranayams, anulom-vilom and meditative exercise.

Mr. Narendra Singh also substantiated the importance of yoga in daily Life and how it maintains our health and system of body.

A.K.TIWARY  
PRINCIPAL



