



ST. NORBERT SCHOOL

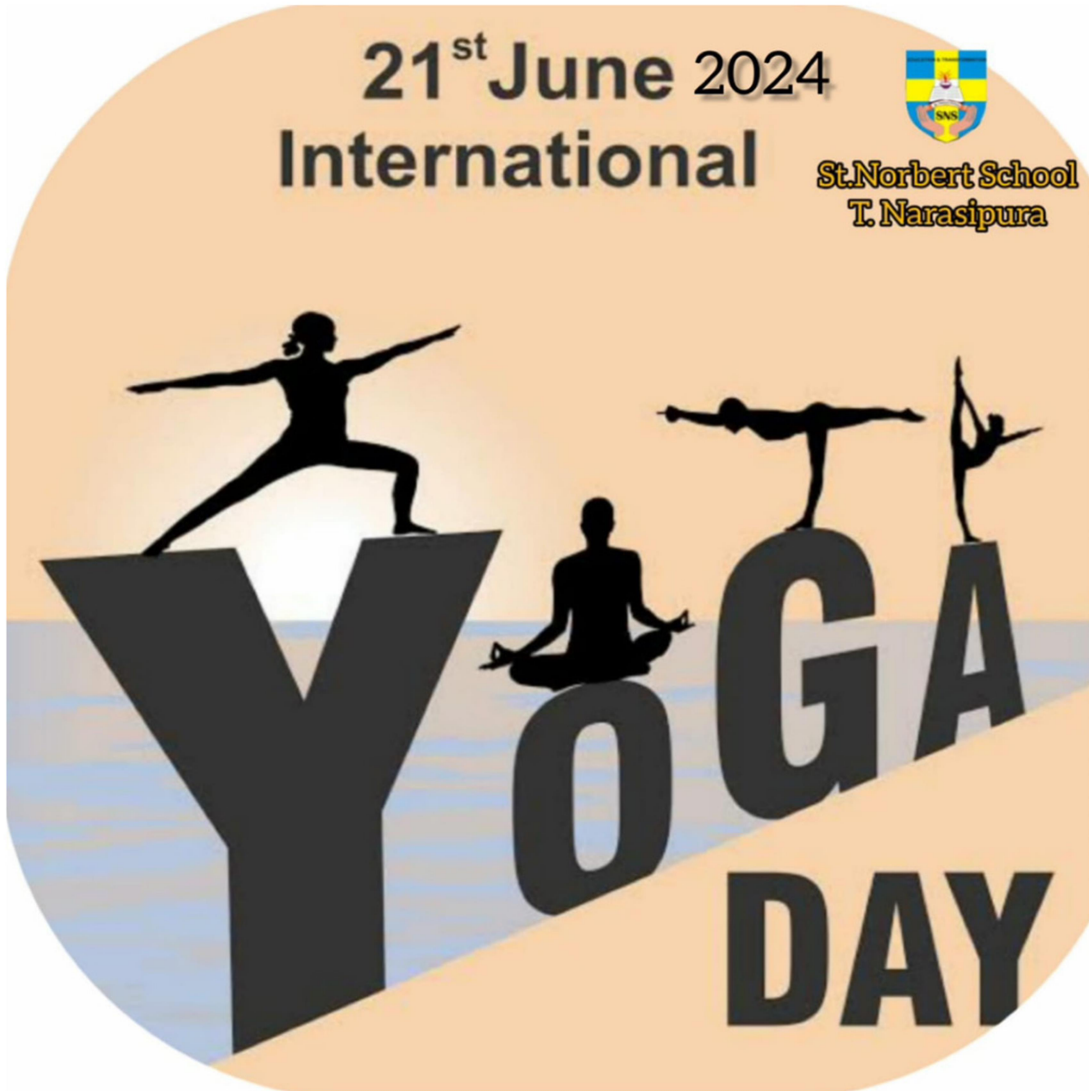
CBSE Affiliation No: 831041

Chowhalli, Kollegala Main Road, T. Narasipura - 571124, Mysore District

21st June 2024
International



St. Norbert School
T. Narasipura



On June 21st, our school celebrated International Yoga Day with great enthusiasm and fervor. The event took place in the school premises and was organized under the guidance of our esteemed Manager, Rev. Fr. Benny Thomas, Finance Administrator Fr. Renin Sebastian, Our Principal Sr. Sumi Rosa, Fr. Vineeth, Vice Principal Ms. Sheena along with other dedicated staff members and enthusiastic students, were actively involved in making the day a grand success.

The day began with a warm welcome by our Physical Education teacher, Ms. Pallavi, who emphasized the importance of yoga in maintaining a healthy and balanced life. She highlighted the significance of incorporating yoga into our daily routine to enhance both physical and mental well-being.

Students participated with great enthusiasm, demonstrating various asanas and breathing techniques. The session was both invigorating and relaxing, providing a refreshing break from the regular routine.

The celebration also included a special segment where students showcased their talents by performing complex yoga postures. Their dedication and precision were commendable, reflecting the hard work and practice they had put in.

Throughout the event, the importance of yoga as a holistic approach to health was reiterated. It was a day of learning, relaxation, and unity, as everyone came together to celebrate the spirit of yoga.

In conclusion, the celebration of International Yoga Day at our school was a resounding success. It not only promoted the importance of physical fitness but also fostered a sense of community and well-being among students and staff. The event was a reminder of the timeless benefits of yoga and its role in promoting a healthy and harmonious lifestyle.



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YOGA ENHANCE ETERNAL HAPPINESS AND STRENGTH



