



Yoga Day Celebration

Yoga is a light, which once lit will never dim. The better your practice, the brighter your flame." - B.K.S. Iyengar.

International Day of Yoga 2022 was celebrated as per CBSE guidelines on 21 June 2022 at Shalimar Archaeological Park (Sheesh Mahal).

20 Acarnanians participated in this programmed .

The highlights of the program were as follows:

- Awareness Rally and Cleanliness drive at the site
- Talk on yoga
- Mass Surya Namaskar.
- Making human pyramid using various yoga poses and performing mass yoga
- Awareness on benefits of yoga.
- Display of different poses of yoga through Fit India mobile app.



MAHARAJA AGARSAIN PUBLIC SCHOOL

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PHASE-IV, ASHOK VIHAR