



INTERNATIONAL YOGA DAY CELEBRATIONS (JUNE 21, 2023)

YOGA AND MINDFULNESS- GATEWAY TO HOLISTIC WELL-BEING

Existing for aeons, Yoga is a formidable and pioneering wellness practice. Transcending time and culture, it has brought immense physical and spiritual prowess to people across the world. Our deeply revered, Late Shri L.R Channa (Former President, CES and Chairman, BBPS Dwarka) was an ardent patron of Yoga and Mindfulness. Heralding a new era of holistic well-being, he relentlessly provided avenues to students, staff members, and parent community to practice Yoga and embrace a wholesome lifestyle. Taking his noble and sacrosanct vision of a healthy nation forward, the school under the guidance of School Principal Mrs. Suruchi Gandhi celebrated International Yoga Day with unswerving zeal and enthusiasm.

The mega event comprising of diverse array of activities sensitised and encouraged the students to make Yoga an inherent part of their lifestyle. Students actively participated in quizzes, webinar (by Dr. Sanjay Yogi, Patanjali Yogpeeth, Haridwar), story-telling, Yoga and Maths integration and performed various Asanas with panache. We share with you some cherished glimpses of the program. (<https://youtu.be/S5Tx3aHMZ1Y>)

Our unparalleled commitment towards the well-being of our students has enabled us to set new benchmarks and shall continue to guide us in all our future endeavours.



