



# **The Bishop's Co-Ed School, Undri**

## ***REPORT ON INTERNATIONAL YOGA DAY***

International Yoga Day was celebrated on **21<sup>st</sup> June 2022** at The Bishop's Co-Ed School, Undri by the students of the school. This was the 8<sup>th</sup> Annual International Day of yoga celebration all over the World. An enthusiastic yoga session was conducted by Mrs. Rupali Pawar and the Sports department of The Bishop's Co-Ed School, Undri, after which Mrs. Ambica Sharma gave a short introduction on the importance of the International Yoga Day celebration. UNGA(United Nation General Assembly declared 21<sup>st</sup> June as International Yoga Day in 2015. Indian Prime Minister Hon. Shree Narendra Modi in his UN address suggested that 21st June will be celebrated as it is the longest day of the year in the Northern Hemisphere. This year the theme for the Yoga International Day was "Yoga for Humanity". Students performed yoga asanas, Pranayama and meditation under the guidance of Yoga Instructor and sports teachers.

The Headmaster Mr. Ralph Russell, while addressing the students, said that Yoga is essential for physical, mental, spiritual and all round development of an individual. He also encouraged the students to do Yoga every day for Peace, harmony and good health. Mr. Russell felicitated Mrs. Rupali with a bouquet of flowers as a token of appreciation for having trained the students and for her dedicated hard work.

Report By

Mrs. Ambica Sharma





