



ONLINE YOGA CELEBRATIONS CONDUCTED AT SANSKRITI SCHOOL ON 21ST JUNE 2020 - 6TH INTERNATIONAL DAY OF YOGA

The International Day of Yoga (IDY) was celebrated virtually this year amidst immense zeal and enthusiasm. Sanskriti Staff and students were encouraged to practice Yoga postures along with their family at 7 am on 21st June 2020. Many students shared their videos and photographs, which will serve as motivation for other students.

An online live session was also organised by the Sports Department. The panel for the virtual session had HOD Sports Mr. Keshav Duklan, Ms. Purna Bhambri National Tennis player, Dr. Ruchir Ahuja Yoga Expert and Ms. Roopali Arora as technical expert. The moderator for the event was Ms. Radha Gusain, Yoga teacher of Sanskriti School.

The topic for the discussion was “Yoga and Well Being for School Children”. Ms. Purna Bhambri elaborated on her practice of Yoga and its usefulness it had on her physical well being and sports development. Dr. Ruchir Ahuja discussed in detail about Yoga and Well Being for students with the help of a powerpoint presentation.

At 5 pm many students and members of the staff practised Yoga @home with Ms. Shilpa Shetty, renowned fitness icon and experienced Yoga practitioner, organised by CBSE in partnership with Fit India Mission.

https://drive.google.com/file/d/1m_dMtei1oHhTs0_jNDdbKg1t6ai1ejYt/view?usp=sharing















