

S.D.PLANETS

STD – I TO IV

REPORT ON YOGA DAY CELEBRATION

21-June-2018

“Yoga, an invaluable gift of India’s ancient tradition which embodies unity of mind and body.” To observe ‘INTERNATIONAL YOGA DAY’ and promote the day dedicated to inner and outer well being of human body, S.D.Jain Modern School celebrated the day by doing following asanas under the guidance of Yoga instructors.

1. Padmasana
2. Yogmudrasana
3. Paschimottanasana and its kriya
4. Padhastasana
5. Tadasana
6. Ardha chandrasana
7. Palming
8. Deep breathing
9. Om-kar
10. Meditation
11. Anulom vilom pranayam

Few glimpses have been captured as below.



