

5th INTERNATIONAL DAY OF YOGA



The 5th International Day of Yoga was celebrated in Bharti Krishna Vidya Vihar on 21st June 2019 to bring peace, harmony, happiness and success to every soul in the world. This was a great opportunity to imbibe the value of discipline. Yoga is a mental, physical and spiritual practice that needs to be carried every day. Total 200 students of classes IX to XII including NCC Cadets along with 125 staff members performed yoga between 07.00 a.m. to 08.30 a.m. in school premises. The different yoga postures like Tadasana, Trikonasana, Hastapadasana, Ardachakrasana, Utkatasana Padmasana, Vajrasana finally ended with Pranayama and meditation. Heartfelt thanks to our Prime Minister Mr.Narendra Modi for giving an opportunity for schools to celebrate the International Yoga day. The school is also thankful to CBSE for initiating this under them. This yoga practice followed by Drawing, Poster Making and Essay Competition for the students.