

I N T E R N A T I O N A L

Y O G A D A Y

(21.06.2023)



Yoga is a light which once lit, will never dim. The better your practice, the brighter the flame.

International Yoga Day is celebrated annually on June 21st to promote the physical, mental, and spiritual benefits of practicing yoga. At Little Flowers Public School, Yamuna Vihar the 9th International Yoga Day with the theme "Yoga for Vasudhaiva Kutumbakam" was also celebrated with great enthusiasm and dynamism.

School Management ensured wonderful arrangement for yoga session by teachers and students at 6:30a.m. Our Headmistress mam, Mrs Vimmi Jain also joined this mental and spiritual beneficial session with the aim to raise awareness about the importance of yoga in maintaining a healthy lifestyle.

In the end, all pledged to incorporate yoga in their daily routine and help others also to follow healthy lifestyle.





