**The Sobha Academy**

Panniyankara, Vadakkencherry, Palakkad

**INTERNATIONAL YOGA DAY-2019**

International Yoga Day was celebrated in The Sobha Academy on 21st June 2019. The Basement having tree and Pathanjali Yogi was erected in front of the school foyer for the purpose of demonstration of asanas. School surroundings were decorated with different posters of yoga postures.

Students and teachers from different levels participated in the programmes. P. E. teachers, Mr. Baiju kumar and Ms. Jyothi, trained the students to present some selected yoga postures for the event. Importance of yoga was disseminated through the speeches delivered by various students. The highlight of this year’s yoga day was the demonstration of various Yoga postures by the UKG students under the guidance of Ms. Praseetha and Ms. Kavitha. Primary teachers demonstrated three main asanas for relaxation, reducing body temperature and weight. It was a good platform for all to grasp the significance of yoga. Principal Ms. Kanaka Sathy Nair delivered the yoga Day message. She had an interaction with the students about how yoga cleanses our body and mind. She explained the importance of pranayama and super brain postures for the students. Headmistress Ms. Lalitha Makesh also spoke on the importance of yoga. She insisted students on following some selected yoga practices in their day to day life.

The event ended with the vote of thanks and National Anthem by students.

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