

INTERNATIONAL YOGA DAY

Yoga is an ancient physical, mental and spiritual practice that originated in India. The word 'yoga' is derived from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness.

It was Prime Minister Narendra Modi who proposed June 21 to be marked as International Yoga Day in his 2014 UN address.

To commemorate this day we at A ECS Magnolia Maaruthi Public School had a varied set of events that were conducted for the students. The students had a mass yoga session, video session, slogan writing to educate them on the benefits of yoga. Students also participated in the yoga competition with zeal and zest.



Body is your temple. Keep it clean and safe with Yoga



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