



## INTERNATIONAL YOGA DAY

“Yoga, an ancient but perfect science, deals with the evolution of humanity. This evolution includes all aspects of one’s being, from bodily health to self realization. Yoga means union- the union of the body with consciousness with the soul. Yoga cultivates the ways of maintaining a balanced attitude in day to day life and endows skill in the performance of one’s actions.”

On June 21<sup>st</sup> 2018 teachers and students had yoga session. Both staff and students appreciated the importance and benefits of yoga for a healthy life.

We pledged to practice yoga for a happier and healthier lifestyle to enable us to continue better life style.

