

YOGA DAY CELEBRATION

The International Yoga Day, 21st June, 2017 was celebrated in school. All the students from Sr. Kg. till 12th participated in the event, in the presence of the renowned *Bramhakumari* sisters, from the *Prajapati Bramhakumari Ishwariya Vishva Vidyalaya Sevakendra*. The sisters imparted to the children the importance of yoga in our daily life and taught the children how to gain inner and outer peace and the meditation process. Sheela Devi, awarded the award for social service, taught us about the soul and the ways of living, and how to clearly understand one's inner self. Also the children and teachers were made aware of the awareness of God, the source of spiritual power. Moral stories were narrated to the children. They left us with a memento of their teachings in the form of a frame consisting of all their moral and valuable principles which will lead us to success in life. The children left the auditorium with a refreshed mind and smiles on their face. We expressed our gratitude to the *Bramhakumarisisters* in the form of a bouquet and thanked them for teaching us these precious values of life





