

International Yoga Day 21st June 2016



International Yoga day celebrations at National Bal Bhavan begun with an assembly of 3000 children and staff members at the open air amphitheatre. The programme consisted of a skit by children that explained the importance of yoga in a person's life.

A group of students performed yogasanas in a choreographic fashion to chanting of mantra-s. Next our yoga experts demonstrated some yogasanas and all the children and staff members did the asanas.

The programme ended with a rally of children where they were holding placards and wearing masks expressing significance of yoga.







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