

G.D. Goenka Public School, Dwarka celebrated  
International Day of Yoga on June 21st, 2019



G.D. Goenka Public School, Dwarka celebrated **International Day of Yoga on June 21st, 2019** in order to increase the awareness of yoga benefits among students, parents and school staff.

All of them participated in the program very enthusiastically. The yoga teacher Mr.Devender Singh briefed all the participants about the importance of Yoga in life, as it helps in balancing the relationship between body and mind. The participants performed yoga asanas including **Surya Namaskar and Kapalbhati Pranayam**, which are one of the best and effective exercises. The instructor also informed about the specific yoga for different purposes which can be practiced whenever required.

Yoga is very important for us in life, which helps us to achieve the perfect harmony between our mind, body and soul. It drives away all negativity from our body system and promotes in the attainment of a healthy and a happy life.