

QUEEN MARYS SCHOOL, NORTHEND

Celebrated

International Yoga Day

(21st June, 2020)

Yoga has given us strength and determination to fight against the pandemic in a healthy and refreshing way. The School Principal Ms. Anupma Singh encouraged the students and their families to participate in the event organized by the Ministry of Ayush and Fit India Mission, through the virtual platform.

The Ministry of Ayush has started a campaign called 'Yoga at Home, Yoga with Family', to encourage the practice of Yoga with family members to counter the effects of the viral infection, while practicing all precautionary measures to slow down the spread of COVID-19. The Ministry organized a trainer led Yoga session which broadcasted on television at 7 AM on 21st June 2020 for people to follow and practice in solidarity.

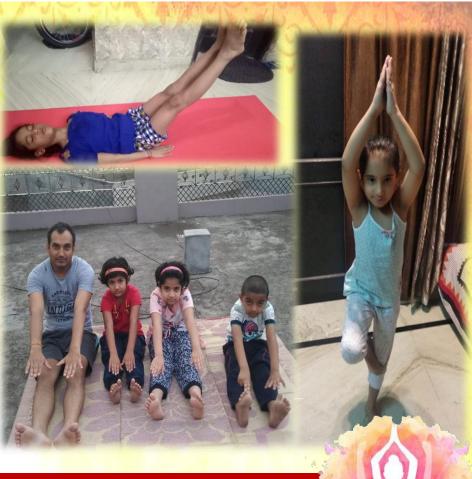
Fit India Mission conducted a campaign for the overall physical, emotional and mental well-being of school students, especially during this period of pandemic. As part of its continued efforts, the Fit India Mission organized a special live session at 5.00 pm on 21st June 2020 to celebrate the International Yoga Day.

The school has always focused on Art-integrated Education. Yoga is an art of connecting Soul to Mind. It enables the children to feel inner happiness and exercise control on negative energies through yoga.







































"Yoga is the journey of the self, through the self, to the self."