



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.



Class 1





Class 2





Class 3





Class 4





Class 5



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

- The Bhagavad Gita