

International Yoga Day - A Journey To Inner Peace

On 21st June, Apostolic Carmel High School joyfully celebrated International Yoga Day. The event began with a serene prayer service, where we sought blessings from God to help us comprehend the significance of yoga for mental peace and relaxation.

Students from Standard 5th to 10th actively participated in the celebrations by performing a variety of yoga exercises in the school hall. The atmosphere was filled with enthusiasm and dedication as each class demonstrated their understanding and practice of yoga postures and breathing techniques.

Yoga, an ancient practice rooted in Indian tradition, plays a vital role in our lives. It not only enhances physical health but also fosters mental clarity and emotional stability. It is a way of life that leads to a more disciplined and peaceful existence.

We look forward to continuing this tradition and encouraging our students to embrace the lifelong benefits of yoga.

