

INTERNATIONAL DAY OF YOGA - WEEKLY CELEBRATIONS AT NAVY CHILDREN SCHOOL, KOCHI



In its efforts to spread the awareness and benefits of Yoga, NCS (Kochi) conducted variety of activities as a part of weekly celebrations towards run up to the International Day of Yoga on 21 Jun 23.

Yoga painting competition, Yogasana competition and Yoga quiz were conducted for the students, which saw wide and enthusiastic participation.

A combined Yoga workshop for staff & students was also conducted on 17 Jun 23. The session began with warming up and breathing exercises, including Pranayama, which were followed by series of asanas. The two hour long session gave the staff and students a unique experience to relieve from their stress of the hectic academic schedule as well as to get rejuvenated





