



St. Francis School

Koramangala, Bengaluru-34

(Affiliated to CISCE, New Delhi)

23-06-2022

REPORT ON INTERNATIONAL YOGA DAY

St Francis ICSE School celebrated the International Yoga Day on 23rd June. The programme began with a special assembly by the students of class 10D. They spoke about the importance of Yoga. Children got the chance to know how yoga embodies the unity of mind and body. The students of class 3 to 10 along with teachers performed yoga from 8:30 a.m. to 9:30 a.m. The instructors from Yogashala taught different asanas, pranayama and meditation. The programme ended with vote of thanks and a sapling was presented to all the instructors as a token of gratitude.



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