

International Yoga Day

Yoga is one of the oldest disciplines that has been given to the world by India. Yoga is a Sanskrit word meaning 'Union' which uses breathing techniques, exercise and meditation to improve health and happiness. Keeping in mind the significance of Yoga for the masses, this year too, the fifth international day of yoga was celebrated. All the students and teachers of Royal Global School participated enthusiastically to observe the Yoga Day. The whole atmosphere was bubbling with excitement and it was a spectacle to behold. All the students and teachers assembled in the lawns in front of the school. To begin with a group of students exhibited various yoga asanas with extreme flexibility and poise flowing in the rhythm of a soothing music. After this, Surya namaskar was performed which was done by the whole school in unison. There prevailed an atmosphere of peace and tranquillity and even the scorching rays of the sun did not deter the children in performing to the best of their ability.