

# International समत्वं योग उच्यते। Celebration of International Day for Yoga YOGA DAY

Inculcating the value of living quality life, Shiv Jyoti Public School encourages its students to develop good qualities in them.

On International Day for Yoga celebrated on 21.6.2021, our students participated enthusiastically and performed various Assans, breathing exercises and other Yoga skills under the guidance of Mr. Parminder Vasaran, Mr. Nirmaljit Singh, Mr. Nirmal Singh and Mrs. Rekha Joshi. They threw light on the positive effects of Yoga on human body.

The event was coordinated by Mrs. Bhavna Sabharwal and technically supported by Ms. Gurinder. Teachers & Students also took Virtual pledge stated by Ministry of Aayush. Members of School Managing Committee and Trust , Mrs. Krishna Jyoti, Dr. Vidur Jyoti, Chairman Trust, Dr. Suvikram Jyoti, Manager & Gen. Secretary of Trust, Principal Mrs. Neeru Nayyar and Vice Principal Mrs. Parveen Sali congratulated the participants and the staff members for their sincere efforts.





# SHIV JYOTI PUBLIC SCHOOL

## "Fit India Movement"

World Yoga Day  
21<sup>st</sup> June



"Yoga is a light, which once lit will never dim.  
The better your practice,  
the brighter your flame."

