



PSSEMR SCHOOL

INTERNATIONAL

YOGA DAY

21-June-2025

06.00 am

INTERNATIONAL YOGA DAY CELEBRATION AT PSSEMR SCHOOL

Date: June 21, 2025

Time: 6:00 AM

Venue: School Grounds

PSSEMR School celebrated International Yoga Day with great enthusiasm in the serene early morning hours. The event was organized for residential students, fostering an awareness of physical and mental well-being through the practice of yoga.



The session commenced under the guidance of the school's dedicated yoga teacher. He introduced the students to the essence of yoga, explaining its origins, significance, and the numerous benefits it offers when practiced regularly. The teacher emphasized that yoga not only rejuvenates the body but also nurtures the mind and spirit, helping individuals cultivate a harmonious balance in their daily lives.



Following the insightful introduction, the students participated in a guided yoga session. They performed various asanas, focusing on breathing techniques and mindfulness. The calm and tranquil environment, coupled with the fresh morning air, added to the rejuvenating experience.

The students expressed feeling refreshed and energized after the session. Many shared their newfound appreciation for yoga, recognizing it as a valuable addition to their morning routines.

The event concluded with a collective pledge to incorporate yoga into daily life, promoting health, discipline, and positivity among the students. PSSEMR School takes pride in celebrating such initiatives that align with its mission of holistic education and the overall development of its students.



