



# UDAYACHAL PRIMARY SCHOOL

21<sup>st</sup> June 2024



**'INTERNATIONAL DAY OF YOGA', was celebrated on 21<sup>st</sup> June, 2024 at Udayachal Primary School.**



**Children were engrossed in the interesting introduction about the benefits of Yoga by their Yoga instructor, Mrs. Zenobia Damodiwala.**





**Glimpses of students of Std 3 and 4 performing Yoga asanas in synchronization.**





**Students performed some asanas to enhance concentration, to develop flexibility and balance under the guidance of our Yoga instructor and PE teachers.**





