

St. Cecilia's Public School

Little Stretch, Big Strength: Celebrating Yoga with Joy



To spread awareness about the ancient practice of yoga and to highlight its benefits for physical and mental well-being, a special yoga session was organized for the students of Nursery and Prep. Adorned in the designated color code, the tiny tots brought a vibrant charm to the yoga day festivities.

The program began with a brief introduction to International Yoga Day and its significance. This was followed by warm-up exercises to prepare the children for the session. Guided by their teachers, the children performed the postures with enthusiasm while also learning about their health benefits.

The activity not only promoted mindfulness, coordination and a healthy lifestyle at an early age, but also helped in improving their concentration. The celebration was a delightful blend of fun and learning, reflecting our commitment to the holistic development of our young learners.