Yoga is an Indian way of exercise that includes breath control, simple meditation, and the adoption of specific postures for relaxation and toning of body. Yoga is highly recommended for students at school as they are multi tasking through out the day.Yoga aids in reducing the stress the body and the mind undergo on daily basis.

 Our Honorable Prime Minister Mr Narendra Modi came forward with the concept of Yoga Day during his speech at the 69th  session of the UN General Assembly on September 27, 2014. All 193 state members of the United Nations agreed to observe this day as International Yoga Day.

This worldwide event has played a pivotal role in spreading the significance of Yoga for health, well-being, and a sustainable lifestyle. This year the theme of International Yoga Day was 'Vasudhaiva Kutumbakam: One Earth, One Family, One Future'.

The students of Nurture International School showcased their stamina, flexibility, postures by performing various aasanas.

The participants were energized at the end of the session by synchronization of the body and the mind.

 