

# The Telegraph



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30 PAGES

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## Home-bound students get fitness tips

### DELHI PUBLIC SCHOOL (JOKA)

Students of Delhi Public School, Joka, came together to emphasise the importance of inculcating yoga into their daily lives by observing the International Yoga Day virtually. This year's theme of the day was Yoga for Wellness.

The school organised an inter-house yoga competition to engage the children in the celebration. Students demonstrated various yoga postures and made people aware of long-term benefits of each posture. Even parents became a part of this celebration and performed various *asanas* under the supervision of yoga teachers. "It was satisfying to see both students and parents taking part actively in understanding the relevance of yoga in healing our body and mind. Even in the session of online classes, every class has been



assigned a yoga period where they practise yoga," said principal Writuparna Chatterjee.