

# **WORLD YOGA DAY**

**21<sup>st</sup> JUNE 2018**

**World Yoga Day held on P.C.P.S and P.P.S athletic ground. Dated 21<sup>st</sup> June 2018 P.C.P.S teaching staff and P.P.S teaching staff participated in World Yoga Day. P.P.S headmaster and P.C.P.S principal Mrs. Swati Lokhande Madam, also participated for yoga.**

**Yoga starts with prayer. After the prayer students and teachers had done 'SURYANAMASKAR' standing position asana. Then 'SHAVASANA' after SHAVASANA supine position asana 'PAVAN MUKTASANA' then proline position asanas 'BHUJANGASANA', 'SHALBHASANA', then sitting position asanas, 'PADMASANA', 'PASCHIMATANASANA'.**

**After the asanas students and teachers performed 'PRANAYAMA', then 'OMKAR MANTRA' 5 times. Yoga concluded with Shanti Mantra.**

**All Yoga activities done under the guidance of sport teacher Mr. Rajendra Tambe.**

