



Time: 6:55 A.M  
Venue: Assembly Hall

The 5<sup>th</sup> **International Day of Yoga** was observed in the school with wholesome participation from the entire School community. The day happened also to be the **World Music Day**. We had merged the two with all the commonalities that there were.

**Master Sapolnach** took the lead to take all through a musical journey along a very thoughtful storyline. At the end of the musical journey around the world it was time for a journey to our inner worlds and that happened through a brief discussion on Yoga as a spiritual practice which was followed by some **asanas** ( Yoga postures ) being performed by few of us on stage and by most of us as part of the audience.

There could not have been a better way of ending the program than with a guided session of meditation that lasted for about twenty minutes. Our School C.F.O **Mrs Vani Pratap** took all through this session of **inner journey**.

