

**Dear Parents,
Greetings from AHPS, Chikhali!**



REPORT ON INTERNATIONAL YOGA DAY AT AHPS

"Through the practices of yoga, we discover that concern for the happiness and well being of others, including animals, must be an essential part of our own quest for happiness and well being. The fork can be a powerful weapon of mass destruction or a tool to create peace on Earth."

- Sharon Gannon

International Yoga Day 2018 , was celebrated at AHPS, Chikhali with great enthusiasm on 21st June , 2018 by students and parents as well.

The purpose of International Yoga Day is to promote yoga and endeavour towards making it a part and parcel of everyone's daily routine. The benefits of a yogic routine are many, hence, motivating your loved ones to practice yoga is a must on this International Yoga Day.

The day was dedicated to the lovely Mothers of Pre-Primary children who were invited for the occasion. Students from Pre-Primary performed exercises, drills and fun dance where in presenting the theme of day i.e being healthy with fun.

Students from Primary section performed 'A to Z Yoga', wherein students performed various yogasanas as per the names initiating from the alphabets. Eg. A for Aeroplane Asan, B for Butterfly asan i.e Titli asan. Students were trained under the guidance of Ms. Pooja Singh. Mothers of Pre-Primary children also joined the students and performed the asanas along with the students, which was a really an amazing moment as to spare some time for 'own self' from the busy schedule of being a 'MOTHER'.



Students from Primary section also performed 'Suryanamaskar' and 'Pyramids' thereby depicting the physical fitness they adhere and were well appreciated by one and all.

Principal Ms. Pranita Mendsure explained the importance of Yoga in our life and Yoga Day. The day was graced with the presence of honourable Chairman Mr. Dilip Tilwani and Director Mr. Mukesh Tilwani.

It was a day celebrated and dedicated for the Parents who strive for the children throughout. A day for them to have some me-time and relaxation so as to achieve a healthy mind and healthy body which are quintessential factors to lead a happy life.

Reported by

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