

# #Fit India School Week

Day - 3: 27/11/2019

“Yoga is an invaluable gift of India’s ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well-being.”



With this very thought, DLF World School celebrated its third day of Fit India School Week on 27/11/2019 in school auditorium. The students and teachers performed asanas with great zeal and enthusiasm.



Students of grade VII and IX demonstrated various asanas followed by Omkar chanting. Warm up exercises were taken and all the students performed sitting and standing asanas, the importance of which was enumerated simultaneously.



It was all together a rejuvenating experience for the students and teachers. The celebration concluded with synchronized recitation of shlokas and speech by School Head, Ms Dimple Puri wherein she apprised the students about its role in overcoming stiffness, stress and obesity. She encouraged students to practice regular yoga to remain fit, achieve better life and improve concentration.

