



CELEBRATION OF 4TH INTERNATIONAL DAY OF YOGA 2018 AT BKVV

In an endeavour to participate actively in the fourth International Yoga Day, Bharti Krishna Vidya Vihar organized Yoga sessions for the students and teachers on 21st June 2018. The importance of Yoga in maintaining physical and mental well being was explained by Yoga Instructor Mr.Ritesh Pillewar.

Many students including 17 NCC Army Wing cadets, teaching and non-teaching staff performed various Asanas starting with warming up and stretching followed by series of Padmasana, Tadasana, Chakrasana, Vajrasana etc. and ending with Pranayama and Meditation.

The event was successful with the efforts of Physical Education teachers under the able guidance of Principal Mrs.J.V.Nagalakshmidivi.