**SAN ACADEMY GROUP OF SCHOOLS**

PALLIKARANAI

OBSERVANCE OF INTERNATIONAL YOGA DAY

International Yoga Day is celebrated on June 21 every year. The special day is dedicated not only to yoga and its benefits for health and well-being but also to highlight the necessity of yoga in the contemporary era.

The theme of International Yoga Day 2022 is “Yoga for humanity”. Yoga is a practice that brings joy, health and peace from within and deepens a sense of continuous connection between an individual’s inner consciousness and the external world. As a part of this special occasion, the teachers and students of San Academy, Pallikaranai, observed International Yoga Day with a special programme. The assembly started with Tamizh thai vaazhthu followed by “Fit with yoga”- speech. Students enthusiastically participated in a Quiz on “Our heritage with yoga”. Students also performed some yogasanas and explained their benefits.

San Group of School believes in Healthy Mind in Healthy Body.

**MASS DISPLAY OF SURYA NAMASKAR @ PALLIKARANAI MARSHLAND**

In lieu of this San Academy, Pallikaranai branch performed Mass Display of Surya Namaskar at Pallikaranai Marshland Heritage site with 150 enthusiastic students of grade VIII.

**Awarness session on benefits of yoga was given by Ms. Padmapriyadharsini, founder of "yogatathva"** Which highlighted that yoga,

* Helps with weight loss. Strengthens muscles and joints.
* Ensures a better functioning digestive system. Helps combat insomnia.
* Ensures regular menstrual cycle. Useful in treatment of frozen shoulders, spinal cord and abdominal muscles are stretched.
* Our students were rejuvenated after performing the 12 postures of Surya Namaskar.

**POSTER MAKING**

Poster making drive on the eve of International Day was conducted at San Academy Pallikaranai for classes VI & VII where students expressed their creativity through their artistic skills. Students, worked in teams and presented excellent charts about Yoga. The programme concluded with the National Anthem.

