



SHAIKH CENTRAL SCHOOL (CBSE),  
SHAIKH CAMPUS, NEHRU NAGAR, BELAGAVI-590010



## “SHAIKH CENTRAL SCHOOL CELEBRATED INTERNATIONAL YOGA DAY”

Shaikh Central School celebrated International Yoga Day with great enthusiasm and active participation at the SGI Ground. The event was organized to create awareness among students about the importance of yoga in leading a healthy and balanced life.

The yoga session was conducted by the school's Physical Education teachers, Mr. Tehreem and Mr. Akshay, who guided students through a series of warm-up exercises, yoga asanas, and breathing techniques. Students from various classes participated wholeheartedly and performed the exercises with great interest and discipline.

During the session, the teachers highlighted the numerous benefits of yoga, including improved physical fitness, mental well-being, concentration, and stress management. The students gained valuable insights into the significance of incorporating yoga into their daily routine.

The celebration served as a meaningful initiative to promote holistic health and wellness among students, encouraging them to adopt yoga as a lifelong practice for a healthier and happier future.



