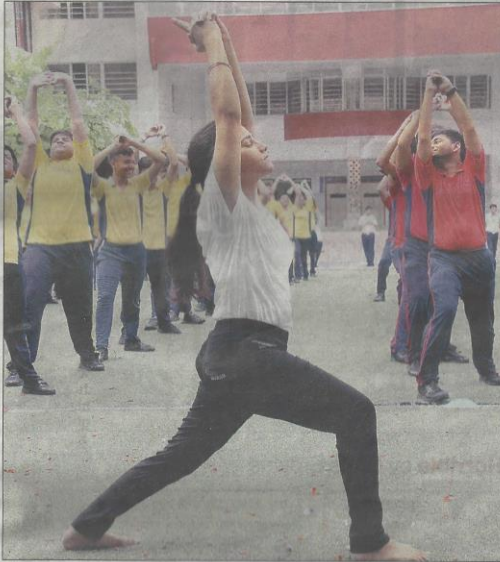
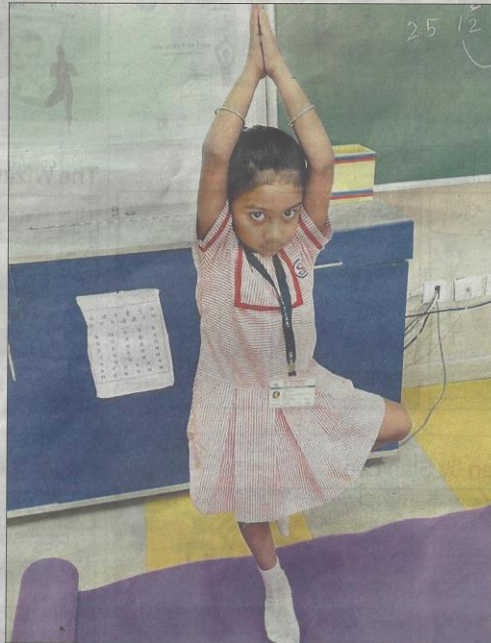


# On a journey to fitness

Junior and senior students of Sri Sri Academy perform various *asanas* to celebrate World Yoga Day. The students are taught how yoga should be their way of life, right from the beginning. **Young Metro** reports...



Student mentors conduct a yoga session for the senior students on the school grounds



Karisha Gupta of Class I showcases her focus and flexibility while doing an *asana*



The senior students of Sri Sri Academy display some *asanas* that are beneficial for both the body and mind and will help them focus



Students of Upper Nursery are taught the importance of yoga and a few basic *asanas* that they should practise everyday



Lower Nursery kids practise some basic moves that will lead them to a healthy life



Yoga has taught me that what stays with you from the moment you were born till the moment you will die, is your breath. Penetrating these words into my soul, I try to feel every breath I take and live every moment I experience

**Devanshi Agarwal**  
Class X



The International Day of Yoga, held annually on June 21, was yet another day when I felt grateful as I celebrate yoga with the world. My body and mind, are both happy and healthy when I practise yoga and it is a great privilege of mine to have participated in this special day

**Shrishti Bothra**  
Class XI



Yoga is the art of living skillfully in a world that is constantly changing. It is a life skill for all and must be practised regularly for a healthier lifestyle

**Aditya Gupta**  
Class XI



Yoga addresses all concerns of youths. Besides overall wellness it teaches the importance of self development, tolerance, joyfulness

**Vedanta Mukherjee**  
yoga teacher



Yoga has been an integral part of our school's curriculum since its inception. As Sri Sri Ravishankar says, 'Yoga is not just some exercise. It is much more.' On International Yoga Day, we had a special school-wide celebration to honour this ancient art and its importance in our daily lives

**Gargi Banerjee**  
principal

Students, teachers and the administrative staff members of Sri Sri Academy joined hands to celebrate World Yoga day in style. The event is a big affair in the school every year.

Each levels of the institution celebrated the occasion to motivate the students and teachers. The aim was to promote a healthy body, mind and lifestyle.

The students gathered in front of school's "Saraswati Mandap" at 8.30am. They were brimming with excitement as they followed their mentors and instructors and performed different *asanas*.

They were also educated how every move in yoga is meant to heal a particular part of the body.

Mentors shared with the junior students the dynamic benefits of yoga, linked it to spiritualism in modern life and iterated its importance for becoming a better person. The tots also performed some basic moves.

The senior students participated in a separate yoga session that was followed by a quiz on yoga. Some students also presented an advanced yoga display that was much appreciated.

Principal Gargi Banerjee interacted with the students on the occasion.

She spoke about the discipline, leadership qualities and zeal that by the students displayed while showcasing some of the *asanas*.