

WORLD YOGA DAY

We at Bai M. N. Gamadia Girls High School celebrated the **‘World Yoga Day’** on **Wednesday, June 21, 2017** through live demonstrations as well as audio-video demonstrations keeping in mind the following objectives:

1. To let our students know the amazing and natural benefits of yoga.
2. To make them meditate through yoga and make them aware of its holistic benefits.
3. To promote better mental and physical health through the practice of yoga.

